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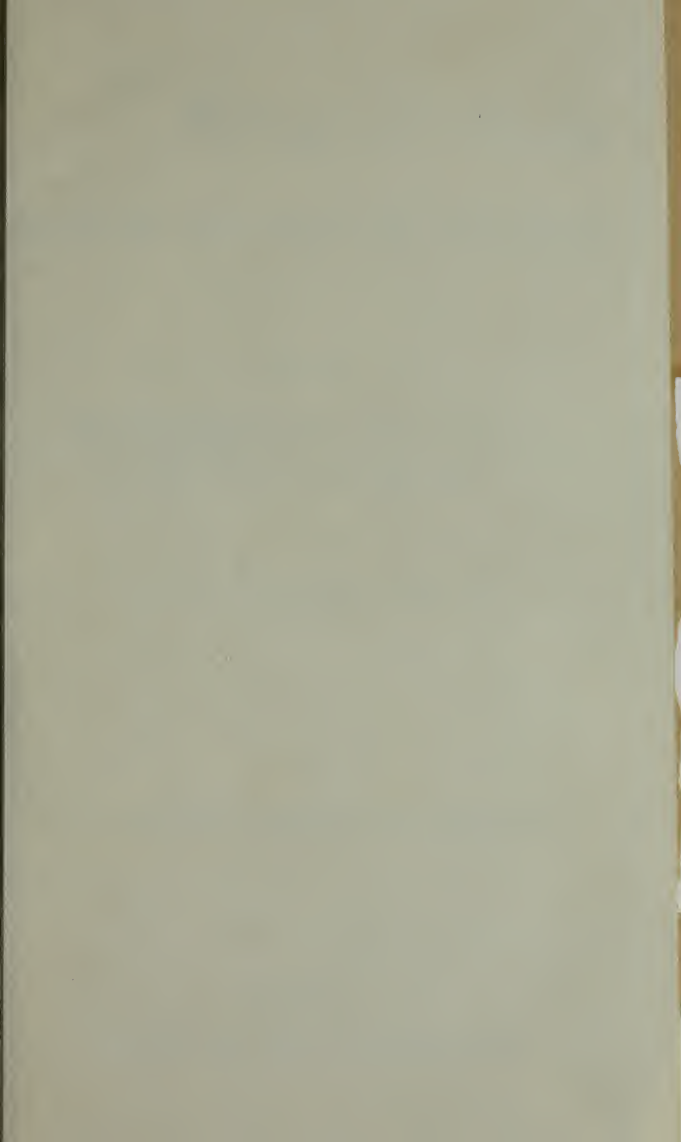
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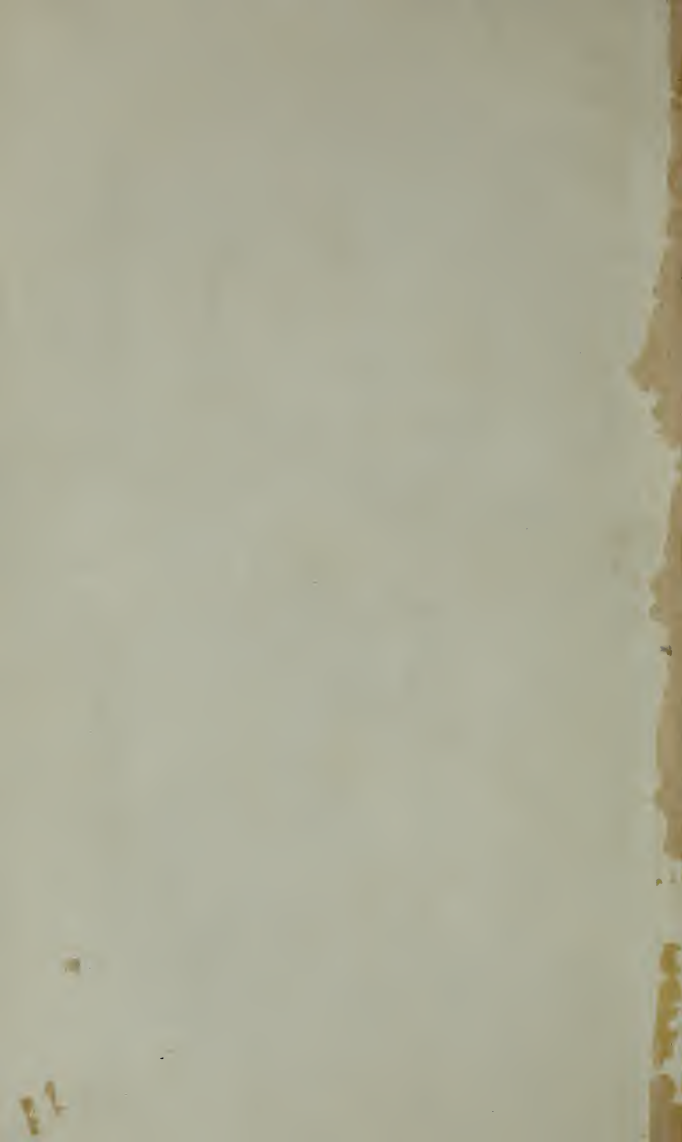
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REMOTE STORAGE  
THE

MANUAL OF FRENCH COOKERY.

DEDICATED TO

THE HOUSEKEEPERS AND COOKS OF ENGLAND  
WHO WISH TO STUDY THE ART.

SIMPLIFIED FOR THE BENEFIT OF THE MOST  
UNLEARNED.

BY

ONE WHO HAS TESTED THE RECEIPTS.

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## INTRODUCTION.

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IN offering this Manual for the use of English Cooks, I have throughout endeavoured to render my work plain in its directions and simple in its explanation, so as to suit the humblest capacity, for whose benefit it has been principally compiled. When young in the *art par excellence*, I studied various cookery-books to improve my knowledge in culinary affairs. I ever found a stumbling-block in laboured details, and frequently in the terms employed; also in the preparation of the various dishes. Had I to direct the cooking of any particular entrée, I was compelled to reduce the directions to the most simple form, to meet the understanding of my cook: this became a positive nuisance, for, even if they could read well enough to master the difficulties of a receipt, yet, unless I superintended the preparation, I too often found that something was misunderstood or forgotten. This determined me to compile, for my own use, a

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receipt-book; I therefore made myself mistress of the manual, as well as studying the art by book. I offer the results, and from a long residence in France I can testify to the receipts being good specimens of the art, and also that few if any of these receipts have appeared in England. I say a few, because I believe there are some that may have appeared in the "Family Herald," to the Publisher of which I offer my public thanks for having patronised my *coup d'essai* as a culinary writer. And with the hope that I may be successful in being useful to my countrywomen, to whom I dedicate my work, I take my leave, promising if this be well received, I shall publish a more voluminous work on the same simple plan at a future period.

The gentlemen, I feel sure, will patronise my dishes when once they have tried any of the accompanying receipts carefully cooked; for care in the preparation is absolutely indispensable. To them I say, "Taste my dishes once—you will not hesitate a second time."

And now, with all respect, for a time I take my leave, only inviting a trial of my merits as a caterer for the appetites of the "Lords of the Creation!"

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### BILLS OF FARE,

FOR EIGHT, TWELVE, SIXTEEN, AND TWENTY DISHES.

## FRENCH COOKERY.

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### SAUCES.

#### *The Preparation of Sauces.*

It is extremely important that a cook should perfectly know how to make sauces. The most common meat is made palatable by a suitable sauce that flatters the palates of connoisseurs, whilst a bad sauce indubitably deteriorates the quality of the most delicate viands; thus it becomes absolutely necessary for a cook, who is ambitious to be called a good *artiste*, to attend to these small particulars, which I shall put forth in the most simple form, to suit all capacities, and render the art of good cooking comparatively easy to all who are employed in this necessary occupation.

#### *Bechamel with Meat.*

Cut into small pieces about two ounces of bacon; add a carrot, a turnip, two onions, and about an ounce of veal; fry lightly in butter. Put them in a stewpan; add about a pint of good stock, two

tablespoonsful of flour, a little pepper, salt, nutmeg, two cloves, thyme, parsley, and a bay-leaf. Stew slowly an hour, and strain your sauce through a tamis. This is a very good sauce for chickens that have been roasted, or rabbits.

*Bechamelle Maigre.*

Mix smoothly two spoonsful of flour in a pint and a half of cream, or good milk, if cream be too rich, and place the stewpan in which it is on a quick fire, but take it off before it has any colour. In another stewpan put two or three shalots minced fine; a carrot, also chopped small; some grated nutmeg, a good pinch of white pepper, salt, a bundle of fine herbs, and if you have them, some mushrooms. Boil these in two wine-glasses of water. When your cream is sufficiently reduced to a proper thickness you must mix the two sauces by degrees, to prevent the cream from turning. Strain it through a tamis, and keep it hot by placing it over a saucepan of warm water.

Bechamelle grasse (with meat) or bechamelle maigre will answer for different kinds of meats, as will also the following sauces. The intelligence of the cook will guide her in the use of them, and which meat will be best to serve.

*Tomato Sauce.*

Put in a stewpan ten or twelve tomatos, cut in quarters, with salt and whole peppers, four or five onions in slices, a little parsley, a little thyme, three

cloves, and half-a-quarter of a pound of butter. Stew all gently three-quarters of an hour. Strain it through a tamis. This sauce is good for meat, fish, or vegetables.

*White Sauce.*

Put into a stewpan two ounces of butter, a table-spoonful of flour, salt, a few whole peppers, and a wine-glassful of water. Put all on the fire, stirring the mixture well. When it boils, take it off and strain it. If the sauce is too thick, add a little butter; if too thin, add a little flour mixed with butter. At the moment of serving add the yolks of three or four eggs, beaten with a spoonful of vinegar, or, what is still better, the juice of a lemon.

Caper sauce is white sauce, to which you add capers in place of vinegar.

*Sauce Blonde.*

Roll about two ounces of butter in flour, moisten it with pale stock, and season it. This delicate sauce is often used in place of white sauce.

*Sauce Piquante.*

Put in a stewpan a wine-glassful of vinegar, a bundle of thyme, bay-leaf, shalot, garlic (if the flavour is approved of), two grains of Jamaica pepper; reduce them by stewing till half the quantity, then add as much stock as you require sauce; thicken it with a little flour fried in butter, and strain it.

*Shalot Sauce.*

Chop fine some shalots; boil them in some vinegar, with pepper and salt to taste. About a wine-glassful of vinegar will be sufficient. Add some good stock, thickened slightly.

*Sauce hachée.*

Chop fine a handful of mushrooms, a little parsley, and a few shalots. Put the whole into a stewpan with a glass of vinegar, pepper, and salt, and boil on a quick fire till the vinegar is nearly dried up. Then add a little flour fried in butter a pale colour, some stock, and leave it a few minutes on the fire. Then chop a spoonful of capers and two or three pickled gherkins, and add them to your sauce. At the moment of serving add an anchovy, strained and pounded with butter. When you have not fresh mushrooms, pickled will answer.

*Sauce Poivrade.*

Put in a saucepan some flour and butter, mixed with a glass of vinegar and fried of a light brown colour, some chopped chives, a bunch of parsley, two bay-leaves, some thyme, a large carrot, and two onions cut in slices, a little fine pepper, and an ounce of butter. Let it stew a short time; then add some stock, and let it boil till the vegetables are done. Strain the fat off, and pass it through a tamis.

*Sauce à la Ravigote.*

Take chervil, tarragon, garden cresses, pimper-



nel, about a handful in all; chop all fine. Put them in a stewpan with some stock, salt, pepper, a spoonful of vinegar, and boil a quarter of an hour; then take it off the fire. Add to your sauce some flour rolled in butter, and stir it till it is mixed well together.

*Sauce Robert.*

Brown in a stewpan eight or ten onions cut in slices, with butter; throw in a little flour over the onions, stirring them till well mixed. Add about a quarter of a pint of stock, some salt and pepper; have your sauce on the fire about twenty minutes; and at the moment you serve add a spoonful of mixed mustard. This sauce serves for fresh pork and for a turkey-hen.

*Sauce à la Provençale.*

Put in a stewpan three spoonsful of fine oil, some shalots, mushrooms, and three cloves of garlic. Add a small spoonful of flour, salt, pepper, and a bundle of sweet herbs. Put it on the fire, with half a pint of stock and a large glass of white wine. Stew slowly half an hour; skim off any fat; take out the garlic and the bundle of herbs, and serve.

*Sauce de Kari.*

Put in a stewpan a quarter of a pound of butter, a pinch of saffron, five Jamaica peppers, crushed, and two spoonsful of flour. Add a little stock, and let it reduce on the fire a quarter of an hour. Add a little

grated nutmeg, and serve hot, without straining. This sauce is good with fowls or turkey. Turmeric may be used in place of the saffron, and to most tastes will be preferable.

*Maître d'Hôtel Liée.*

Put in a stewpan a glass of water, a spoonful of flour, two ounces and a half of butter, some parsley and chives, chopped, salt, and whole pepper. Let it stew or boil slowly, stirring it the whole time. Add the juice of a lemon. This sauce ought to have the appearance of common white sauce.

*Maître d'Hôtel ordinaire.*

This sauce is only butter melted with some parsley chopped fine, salt and pepper to taste, and a little lemon-juice or vinegar. Sometimes the lemon-juice or vinegar is left out, if for vegetables.

*Fish Sauce.*

Boil together chopped parsley, tarragon, chervil, pimperl, chives. Mix with them the crushed yolks of two hard eggs; add by degrees four spoonsful of oil, two of mustard, and two of vinegar. This sauce is served cold, as also the following.

*Sauce à la Tartare.*

Chop fine chervil, tarragon, and two shalots; add to them some mustard, salt and pepper, and vinegar. Moisten your sauce with oil, and stir it continually till well mixed. If the sauce is too thick, add a little vinegar.

*Sauce Mayonnaise.*

Put in a basin two yolks of eggs, pepper, salt, and a little vinegar. After having well mixed it, add four spoonsful of oil, stirring it continually till quite smooth. This is an excellent sauce for cold fowls, but it is essential that the quantity of vinegar be in due proportion with the oil.

The Sauce Verte is made in the same manner, only add parsley and tarragon, chopped fine, at the time you add the eggs.

*Sauce au Pauvre Homme.*

This sauce, which is a good accompaniment to the remains of a bouilli, or roast meat, is made with five or six shalots and some chopped parsley, some stock, a spoonful of vinegar, salt, and pepper. Boil all together till the shalots are done, and serve with your meat, either warmed, cut in slices, or cold.

*Sauce for cold Roast Beef or Mutton.*

Take some chopped shalot, parsley, and horse-radish; stew till done with half a pint of stock. When the shalots are quite tender, add a table-spoonful of Harvey sauce, the same of either mushroom or walnut ketchup; the same of lemon-juice, currant-jelly, a glass of red or white wine, according to taste. Have your meat cut into very thin small slices, and warm in this sauce. It will be found delicious.

*Sauce Allemande.*

Chop some mushrooms, fry them in a little butter ; add some spoonful of stock, or consommé, if you have any ready ; reduce it to the consistence of sauce, then stir in some butter chopped parsley, thyme, bay-leaf, shalot, garlic. When stewed sufficiently, add the juice of a lemon, and pour it over your meat.

*Sauce Espagnole à la Bourgeoise.*

When you are dressing fowl or game, save the parts you do not use ; fry them in butter with a pound of veal and a handful of mushrooms : add three spoonful of flour, two carrots, onions, thyme, bay-leaf, salt, pepper, and three or four cloves ; let them stew two hours, then pass it through your tamis.

*Sauce aux Truffles.*

Chop one or two truffles, fry them in butter, moisten with some consommé, and then add a little flour fried in butter ; reduce it on the fire till thick enough, and serve.

Garlic might always be omitted, as it does not suit an English palate, and some onion substituted.

*Another mode.*

Take some good truffles, pick them, and cut them in slices ; chop them fine, with some parsley, chives, shalots, with salt and pepper ; mix these with some fresh butter. Rub the bottom of a stewpan with some butter, and place your truffles at the bot-

tom in a layer ; then a layer of the herbs and butter ; again the truffles, and so on, till the truffles are in : put about two pounds of truffles to one pound of butter, add two spoonsful of oil, and cover your stewpan ; set it on the fire to draw for a quarter of an hour, then add a glass of white wine and a glass of blond de veau, with a lemon squeezed : serve it hot. This is a rich sauce.

*Sauce for White Meat.*

Take some fine grating of bread and some of the crumb ; put it in a stewpan with a glass of white wine, a lemon cut in slices, a glass of consommé or good stock, half a glass of olive oil, a little tarragon ; let it stew slowly half an hour, skim it, and pass through the tamis. If oil is objected to, use some fine melted butter.

*Sauce au Fumet.*

Stew an hour, slowly, the carcasses of two or three cold partridges, in two glasses of bouillon, with two bay-leaves, a little cinnamon ; add a glass of Burgundy or good Bordeaux wine ; reduce it to the consistence of sauce, and strain through a tamis. This sauce is good with all sorts of game.

*Sauce au Velouté.*

Melt some butter in a stewpan, and fry in it some mushrooms or morels, with a little ham and a bit of veal ; when it has taken a good colour, moisten with stock, and let it stew slowly an hour ; when it has given out all the gravy, pour in two quarts of cream, and

take out the meat to let it stew all ; stew slowly a quarter of an hour, stirring it all the time with a spoon ; when thick enough, pass it through a tamis, and use it with any meat but game.

*Sauce à la Hollandaise.*

Melt some butter in a stewpan ; when it is hot, strain it through a tamis into some good bouillon ; add a little salt, and keep it hot by putting it in a sauceboat in boiling water. Without this precaution the sauce would soon be cold ; when served with asparagus, add lemon-juice.

*Horse-radish Sauce (Dutch).*

Scrape some horse-radish fine, put it in a stewpan with some stock ; let it stew ; add some flour, butter, and a little vinegar.

*Sauce Italienne (very good).*

Put in a stewpan a spoonful of chopped parsley, half the quantity of shalots, and the same of mushrooms chopped fine, half a bottle of white wine, a piece of butter the size of an egg ; let all stew together till reduced ; then add three full large spoonsful of velouté, one of consommé, and let your sauce boil quickly ; skim it carefully, and when you see it thicken, take it off the fire ; put it in a basin to keep warm, in a pan of boiling water.

*Sauce Perlée.*

Take some cloves of wild garlic, some pounded anchovies, a glass of white vinegar, one of white wine,

half a glass of oil, the juice of a lemon or orange ; boil all together, and let the sauce stand ; when it is cold, pass it through a tamis, and add some salt and pepper : it is good with all meat. This sauce is particularly good with any meat that has not a high flavour.

*Sauce au Civet, for Hares, Leverets, and Rabbits.*

Take the liver of a hare or rabbit, fry it in a little dripping or butter, add a glass of bouillon or blond de veau, three or four small onions, two bay-leaves, and a glass of red wine ; let it stew till it has a good flavour, then pass it through a tamis.

*Sauce à l'Huile.*

Cut some lemons in slices, after you have peeled them and removed the white skin ; put them in a bowl, with oil, vinegar, salt, pepper, garlic, parsley, and tarragon, chopped fine together ; add a little Jamaica pepper in powder ; mix all well together. This is good as a sauce to put on broiled fish.

*Sauce à l'Estragon.*

Put in a stewpan two or three onions sliced, also two carrots, a bit of veal cut in dice, and set it on the fire till it begins to brown ; then add some good stock, and let it stew gently an hour ; then add some tarragon minced fine : let it steep an hour, with some salt, pepper, and nutmeg, and pass it through a tamis. This is a very good sauce for roast meats.



*Sauce Remoulade, for Roast Meats.*

Take some parsley, chives, capers, anchovies, shalots, and two heads of celery, some salt and pepper; chop all together; mix with oil and vinegar a little mustard; when well mixed, put it in a sauce-boat, and serve cold.

*Sauce à la Matelote.*

Boil a quart of stock and a bottle of wine, with two bay-leaves, a little tarragon, chervil, pepper, salt, and a clove of garlic; let it reduce to half the quantity, and use it to dress fish or any meat you please: or you can serve some in a sauce-boat.

*Sauce Salmis.*

Melt a piece of butter that you have first mixed with flour; chop three or four shalots, put them into the butter when melted; add a glass of wine and the same of stock, some salt, pepper, nutmeg, and a bunch of sweet herbs; stew half an hour; then put the remains of a roast goose, or some cold beef; let it stew then a quarter of an hour, rub it through a tamis, and at the moment you serve add the juice of a lemon and a spoonful of oil.

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## COULIS AND STOCK, AND ESSENCES.

Stock and coulis make the foundation of all sauces. A spoonful of either added to your sauce gives it richness and improves the flavour.



*To make Stock (Jus).*

Put in a stewpan two pounds of beef and a knuckle of veal; add some carrots cut in slices, some parsley, thyme, bay-leaf, chives, onions, and cloves; moisten with broth, and put the pan on a quick fire till the broth is reduced: put more broth, and let it stew slowly three hours. Skim carefully, and strain it into a pan. If you have any remains of fowls, turkey, or game, add them instead of the slice of veal.

*Coulis.*

Put in a stewpan two pounds of veal and some bacon, a small slice cut in pieces; add two or three carrots and two onions, with two cloves. Place your stewpan closely covered on a slow fire. When the veal is well stewed, and it is a good colour, mix with it a quart of broth, and put in your stewpan a piece of butter rolled in flour. Then let it stew six hours slowly; strain your coulis, and reduce it if too thin. The coulis should be a pale brown, like sherry. This can be made with any kind of meat, but veal must always be added.

*Essence de Gibier.*

Put in a saucepan two rabbits, two partridges, two slices of veal, about half a pound, and a pint of white wine; stew till it is reduced almost to glaze; add some good consommé and some broth, four carrots, three onions, two cloves, a little bundle of sweet herbs; skim clear, put no salt. When the meat is

well done, pass it through your tamis. It can be made more economically by putting only the residue of game or poultry.

*Essence de Légumes.*

This is made as above ; but in place of game put a chicken, twenty carrots, as many turnips and onions, four heads of celery, a bundle of chervil, and three cloves ; put no wine ; mix with stock, and finish as above.

*Marinade cuité.*

Fry lightly in butter some slices of onions and carrots ; moisten them with one glass of vinegar and two of water ; add salt, whole pepper, thyme, bay-leaf, basilic, parsley, some chives, and half a clove of garlic : boil your marinade, pass it through a tamis, and bottle it for use.

*Court Bouillon gras.*

Cut some onions and carrots in small slices, put them into a stewpan with about two ounces of butter, thyme, bay-leaf, basilic, cloves, and ginger, and brown them slightly on a quick fire. When it begins to stick to the bottom of the stewpan, moisten it with some white wine, and add some suet, or about half a pound of butter. This court bouillon is used to dress fish. The court bouillon maigre is that in which you leave out the suet and butter.

*Glaze from Meat.*

Take a knuckle of veal bound tightly, put it in

a saucepan with the trimmings of veal, some carrots and onions cut in slices, a bundle of chives and parsley ; moisten the whole with good stock ; skim, and let it stew slowly till your meat is done to rags ; then strain it through a tamis, and clear it with the white of an egg well whisked ; strain it again, and reduce it to the consistency of thick sauce on the fire. Keep it closely covered in a small jar : it is very useful in cookery to glaze meat.

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## CULINARY PREPARATIONS USED FOR MEAT, &c.

### *Beurre d'Anchois.*

Take six anchovies, wash them well, and clean them of the middle bone, pound the flesh without soaking : pass it through a tamis, and mix it with an equal quantity of butter. Serve it on toast.

### *Beurre d'Ail.*

This butter, which is named *ayoli*, is only used for meat dressed à la Provençale. The cloves of garlic must be pounded fine, and mixed with olive oil till the consistence of paste. Garlic is not suited to the English palate, but onions may always be substituted. I give this receipt, as it is a favourite one in Spain.

### *Beurre d'Ecrivisse.*

Wash and boil in salt and water three dozen of

crawfish; take out the meat, which you use for other purposes; put the shells on a plate, and dry them in a slow oven: pound them fine in a mortar, and sift the powder. Put it into a stew-pan with a pound of fresh butter, place it on a gentle fire for twenty minutes, strain it through a sieve into cold water to fix it, and collect it in a lump. *Le Beurre de Homard* is made in the same manner with the feet of lobster, only not strained.

*Farces (Stuffing, or Forcemeat).*

Farce is the preparation of different things used to stuff turkeys, or other things, in which forcemeat is applied, either maigre or otherwise.

*Farce dressed.*

Cut in small pieces the remains of dressed fowls or turkey, using only the white part; put the meat into a saucepan, add a little butter, salt, white pepper, and nutmeg grated. Put the whole on a gentle fire for ten minutes; drain your meat, and let it get cold. In the same saucepan put a piece of bread-crumb, with a little stock and some parsley chopped fine; crush your bread, and reduce it to panada: reduce it to stock. Pound separately your meat; add your bread-crumb and a good bit of butter; pound again, and mix well together: add the yolks of five eggs, and pound it again till well mixed together. This farce is used for gratins, and every sort of meat or fowl.

*Farce for Fish.*

Take the meat of any kind of fish, no matter what, but it must be the same, and not different kinds of fish ; chop it with some dressed mushrooms, if you have them, and the yolks of hard eggs : add some crumbs of bread dressed in milk, as in the former receipt, a piece of fresh butter, salt, some ground nutmeg, chopped parsley, and the yolks of three eggs beaten : pound all together, then add the whites of three eggs well whisked.

*Godiveau.*

Take a pound of veal, take off the skin, chop it fine : add a pound of the fat of veal, or half a pound of suet, but the fat is most delicate ; chop it fine ; mix the meat and fat in a mortar, pound it well ; add salt, white pepper, some fine herbs, six eggs by degrees, and continue to pound it. When thoroughly mixed, pour in a little water, if necessary, to soften your paste ; make the meat into balls, and finish in the oven. Serve with crisped parsley on a napkin.

*Entremettes.*

These are made either in oblong balls, or put in a mould, and are prepared in the same way as the godiveau ; but you use more delicate meat than veal, such as chicken, pheasant, partridge, woodcock, hare, &c. You boil them for about twenty minutes, and serve with white sauce. On fast-days they can be made of fish, with butter in place of fat or suet.

*Hachis de Viande.*

Take the remains of meat, poultry, or game, roasted or boiled; take off the skin; add some sausage-meat chopped all fine; season with parsley, chives, bread-crumbs, two or three eggs well beaten, according to the quantity of meat you have. Put it into a saucepan, and let it stew a short time to warm with some butter and a spoonful of flour; moisten it with stock, and stew it slowly half an hour. You use this to stuff a turkey or goose, or you may make it into balls about the size of an egg, and fry them light brown. Having added the juice of a lemon, serve them as an entrée, with brown sauce to your taste.

*Pâte de Friture.*

Put to a quart of flour six yolks of eggs, two spoonsful of oil, or melted butter, some salt, pepper, and a wine-glassful of beer: mix it quite smooth. If it is too thick, add more butter; beat the whites of two eggs, and add to your paste. This serves for meat, &c.

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BROTHS.*Bouillon (Stock).*

On six pounds of beef pour six quarts of water; put your soup-pot on a moderate fire to heat the soup, but not let it boil: after an hour slow-

stewing, increase the fire till it boils; skim it well as the scum rises until it is quite clear, add some salt, which makes the scum rise; skim again, and add some carrots, parsnips, turnips, leeks, celery, and a clove of garlic, an onion stuck with four cloves. The vegetables will cause the scum to rise again. Then remove the soup-pot from the fire, and stew it very slowly, keeping the pot closely covered. The three most necessary things to be observed is to choose well-fed meat, boil slowly and regularly, and keep your soup-pot covered closely. Five or six hours are enough, if it boil equally gentle. When the soup is well done it will be a pale gold colour; strain it, and skim it clear.

#### *Veal Bouillon.*

Take a slice of veal, with a slice of ham or bacon; set them in a stewpan for half an hour, turning both to procure a nice colour; then have in your soup-pot some boiling water, put in your meat, add onions, carrots, and half a pound of beef to help the flavour, and let it stew slowly till done; skim it well. If for invalids, leave out the bacon and beef, and add chervil or rice.

#### *Bouillon mélanges for Sauces, Soups, &c.*

Take a piece of beef, about four pounds, a knuckle of veal, a fowl; let all simmer, then skim, and boil slowly; add onions stuck with three cloves, carrots, turnips, and celery, and let all stew five hours. You may serve the beef, after being stewed thus, as



bouilli, the fowl as a ragoût, and the knuckle of veal à la poulet. Thus you can have three dishes and bouillon.

*Bouillon de Volailles*

Is made with any kind of poultry, stewed, two pints of water to each fowl; and add a pound of beef cut into dice, some onions, celery, carrots, a bunch of sweet herbs, all slowly stewed on a gentle fire or hot hearth in a well-closed digester. Vermicelli, macaroni, or rice, may be served with this.

Bouillons may be made with rabbits, partridges, or any kind of game.

*Bouillon made in an Hour.*

Take a pound of beef or veal, cut it into dice, chop them, and put them into a stewpan, with an onion, a carrot, a bit of fat bacon, and a glass of water: just as it comes to a boil, throw in another glass of water, add some salt, boil it half-an-hour longer, then strain, and serve it immediately. It will stick to the side of the pan: then add the hot water.

*Jus: another Mode.*

Take three pounds of beef, a knuckle of veal, a bit of bacon, with a glass of wine; stew together till a nice brown, then add a quart of stock, another glass of wine, a carrot, some spice, a bunch of sweet herbs, and stew till the meat is in rags; then strain it through a tamis, and when it is cold skim off the fat: it ought to be a nice brown, and when cold a stiff jelly.



*Consommé.*

Put at the bottom of a stewpan some onions cut in slices, on which put some slices of beef, about two pounds; the same of veal cut in slices, two partridges, if to be had; a good fowl; with a slice of ham: put all on the fire to heat, moistening with clear bouillon; turn each piece till the meat is browned on each side; when the meat begins to stick to the side of the stewpan, pour in three or four quarts of stock, or clear bouillon. Put all these into a small stewpan that will close hermetically, but first put in a bunch of fine herbs, an onion stuck with two cloves; place the stewpan on a hot hearth, and let it stew slowly seven or eight hours.

*Manner of straining Stocks or Consommé.*

As consommé in long stewing gets bits of meat in it that spoil its clearness, throw in some whites of eggs well beaten when it boils; then pour it through a wet napkin, and it will be as clear as glass.

*Consommé Bourgeoise (economical).*

Put in a stewpan a knuckle of veal and two calves' feet cleaned and scalded; add any remnants of meat, bodies of poultry, or bones: let all stew well, moistened with stock. Skim and season it, add a carrot, an onion stuck with two cloves. Stew till the meat is done to rags, then strain it for use.

*Jelly, Aspic (savoury).*

Take four pounds of beef free from fat, an old

fowl, a knuckle of veal, and stew all together with a pickled veal tongue, if you have one: add three quarts of water, and after skimming it clear add four cloves, salt, pepper, a carrot, a bunch of sweet herbs, and a bottle of good wine: let it stew then five or hours, so as to reduce the liquor one-half, then strain it in a bowl to get cold. When you want it, skim off the fat, and wipe the top with paper to remove every particle of grease; warm it in a stewpan, and add the yolks of four eggs well beaten to froth and the shells crushed, a bunch of sweet herbs, and a slice of lemon; let it boil, and strain it through a tamis or jelly-bag.

*Bouillon aux Herbes (strengthening).*

Take leaves of sorrel, leeks, lettuce, purslain, and chervil, about two handfuls of each; pick, wash, and cut them small: add salt, some fresh butter; boil all together in three pints of water till it is reduced to half; take it off, and strain it. If you like, you may add the yolks of two or three eggs beaten with a spoonful of cream.

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DES JUS OU COULIS.

*Jus de Bœuf.*

Put at the bottom of a deep stewpan some onions cut in slices, a pinch of salt, and some carrots cut in rounds: put on these a piece of beef about two or

three pounds ; pour on this a quart of good bouillon, cover the stewpan, and let it stew three hours ; then take out the beef and cut it in pieces the size of a nut ; put them back in the stewpan for an hour with two or three onions, two cloves, and keep the pan closely covered. When the beef has been stewed to rags pass the jus through a tamis. If the meat is fresh the jus will keep good four days.

*Jus de Veau*

Is made in the same manner, using veal instead of beef, and adding a slice of bacon : you will have a good jus, if carefully prepared.

*Jus économique.*

Take a slice of bacon, and lay it at the bottom of your stewpan, and on this lay any slices of meat, bodies of fowl, a carrot, an onion, sliced ; put it on a quick fire, let it heat, and add a ladleful of stock : then cover your stewpan. When the stock is reduced, and the meat begins to stick to the sides, moisten with a second ladleful of stock, and after it is again three parts reduced put the pan on a very low fire, to give the meat time to form a glaze : this done, prick the meat with a knife, take it off from the fire for ten minutes, then add some stock or water to moisten it, and let it boil at the side of the fire till done ; then strain for use.

*Blonde de Veau à la Vénitienne.*

Begin by making jus de veau ; then mix a

handful of flour with a quarter of a pound of fresh butter; put a bit of saffron, in powder, in the jus when hot, and when a nice golden colour melt the butter and flour, and put the stewpan on a moderate fire, stirring it with a spoon that it might be the same consistency throughout; when the jus is about the thickness of good cream, and a good colour, skim it and pass it through the tamis.

*Jus des Poulardes ou Chapons.*

Boil in a stewpan a fat pullet in a pint of water; add a piece of mutton in slices, two onions, with a clove, pepper and salt, a slice of lemon; when the chicken has stood three or four hours, take it out and cut it in pieces; bone it, and mince the meat; moisten it with some spoonsful of stock, and squeeze it to express all the juice. Mix the jus with that in the stewpan, then pass it through a tamis, and use it to thicken soups or made dishes.

*Jus de Jambon.*

Put at the bottom of a deep stewpan some butter and some slices of ham, and a dozen bits of veal the size of a nut, with two or three carrots cut in slices; let it stew slowly on a gentle fire, and when the ham begins to stick to the pan and fry, you pour some stock in and continue to stew an hour; then, when the gravy is well extracted, add a glass of champagne or white wine; let it boil a quarter of an hour; take it off the fire, skim it clear, and pass it through a tamis. This improves the

flavour, and enriches the gravies of other made dishes.

*Jus d'Ecrévisse.*

Put at the bottom of a stewpan some sliced onions and two or three carrots; put on these some slices of veal, a slice of ham, and half a glass of stock; let it stew till the veal and ham begin to fry, and yield a jus the colour of sherry. Have your crawfish boiled in salt and water, pick them out of their shells, chop the meat, and squeeze all the juice out through a wet cloth. Take the shells, wash and dry them, pound them as fine as possible, mix them in a stewpan with some butter, and the jus will immediately become a bright rose colour, like the fish. This is used to colour entrées.

*Jus d'Oies et des Canards.*

Put in a stewpan some sliced onions, two slices of bacon, three or four slices of beef, a goose or a duck cut in quarters, the wings and legs separate, the carcasses in four pieces; pour on them a pint of boiling water, only to fill up the space of the stewpan; cover the stewpan as closely as possible. Let it stew four or five hours very slowly; then add some pepper and salt, close the stewpan, and let it stew slowly another hour. Then take it off, and have some large earthen pots washed and dried; put in the thighs and wings of the goose, and fill them by pouring over the jus, through a tamis: in two hours it will thicken and become a strong jelly. If you wish to

keep it three months, you must pour over it, about the thickness of an inch, the goose grease which you will find in the stewpan, and which seasons the jelly. The same jar will offer three sorts of productions :— the goose-grease, which is always useful for fish and vegetables ; the legs of the goose, which are delicious and always fit to eat ; and the jus, which will enrich and give flavour to soups and made dishes.

I must give a receipt, called *English* by a French *artiste*, which must be an invention to throw ridicule on our national cookery. I should not recommend the trial to a friend :—

*English Sauce for Roast Meat.*

Melt some butter in some blonde de veau ; add some currants, washed, picked, and dried, some gherkins cut in slices, two or three slices of lemon, salt, pepper, and when it has stewed well on a slow fire serve with your roast.

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SOUPS.

The beef stock makes the foundation of all soups, and is made as follows :—

*Pot au Feu, or Stock.*

The best pieces of beef to make good stock are the shin, the leg bone, and neck. The meat should

be quite fresh. Put the meat, cut in slices, into an earthen pipkin, which always makes better soup than a metal stewer soup-pan ; put a sufficient quantity of water, and let it stew slowly. When the meat has been skimmed, add two carrots, parsnip, turnips, leeks, celery, and onion, browned in butter : let it stew slowly five hours. Take out the meat, and strain your stock through a tamis into an earthen pan for use.

### *Bouillon à la Minute.*

It is sometimes necessary in the country to have a bouillon quickly. The following is an expeditious receipt to obtain an excellent one in half an hour : Chop a pound of beef, add a large carrot, an onion, a little celery, a turnip, all cut in slices ; add two cloves, and put all to your meat ; mix together, put into a saucepan, and add a quart of water ; season it, and let it boil half an hour ; skim it, and strain through a tamis. If you like rice, boil it in water with a bit of meat. When the bouillon is ready, put your rice into a tureen, and pour your soup over it. You may serve the meat with gravy, adding a few fine herbs, and a little butter and flour to thicken it : season with pepper and salt.

### *Consommé.*

This is a strong meat stock. It is a stiff jelly when cold. It is usually made with the trimmings of meat and poultry left when preparing a large dinner, as more economical then. You put all into a sauce-



pan, and cover it with a sufficient quantity of stock ; stew it slowly, and skim it carefully : then add carrots, turnips, onions, two or three cloves ; stew till all is quite done, and strain it. You must not put any salt into it. Keep in an earthen pan covered closely, in a cool place, for use.

*Potage au Pain.*

This is the most simple of all soups. After putting into your stewpan a sufficient quantity of crust of bread cut neatly, add two spoonsful of stock to moisten them ; then put them into your soup-tureen ; fill it up with boiling stock, and add the vegetables from the pot au feu, if you have them ; if not, some that have been dressed in stock. Sometimes the crusts are fried in butter, or toasted. It is simple and good.

*Croute au Pot.*

Have some crusts of bread toasted or fried, put them into a stewpan, with a little stock ; when they begin to dry up, add a little stock boiling hot, and serve. This is a favourite French dish, but, I think, hardly suitable to English palates.

*Soup au Vermicelli.*

Put some stock well seasoned on the fire, and add two ounces of vermicelli ; boil all together twenty minutes.

*Soup au Riz.*

After washing your rice well, boil it in a small



quantity of stock, adding more as it diminishes and the rice swells. It must be very tender; but the stock must not be reduced too much. Then add sufficient stock, so as it should be neither too thick with rice nor too small in quantity.

*Potages of Peas, or any other Vegetable.*

Boil your peas, lentils, haricots, in some stock, with carrots and turnips. Pound them in a mortar, and pass them through a tamis. Prepare some crusts of bread cut in slices, and fried a light colour in butter; put them into your tureen, and pour your purée, that is your strained stock, over them boiling hot, for you must warm it after being strained. If you wish your peas to be green, colour with the juice of asparagus.

Soup Cressy is made in the same manner, but you leave out green peas, using carrots instead. This is much approved of in Paris.

Asparagus Soup is made the same way, and is very good. These soups must have the consistency of thick cream.

*Potage Maigre, for Fast-days.*

A soup maigre can be made by using vegetables dressed tender enough to be rubbed through the tamis, added to a piece of butter and the yolks of three or four eggs, well beaten. If you have no bouillon maigre, add a little water to your soup before you put your eggs.

*Bouillon (Stock) Maigre.*

This is the foundation of all soups maigre. Put in a saucepan ten carrots, as many turnips and onions, cut in fillets, two lettuces, two sticks of celery, a handful of chervil, half a cabbage, and a parsnip, cut in slices; add to these vegetables three ounces of butter and a quart of water; stew them till the liquid is nearly dried up: then fill up your stewpan with water; add a quart of peas, either green or dried, according to the season, two cloves, salt and pepper: stew slowly three or four hours, and strain through a tamis.

*Cabbage Soup.*

Cut a cabbage in pieces, scald it half an hour, then take it out and put it in cold water to blanch it; drain it, and squeeze it dry. Put some slices of bacon at the bottom of your stewpan; lay your cabbage on it, and some carrots and onion; fill it up with stock, and let it stew two hours, or more, if your cabbage is not tender. Put some toasted bread in sippets in the bottom, then your cabbage, and pour in your soup, after skimming it clean. Sometimes you may add sausages. This is a common soup in France, but is coarse.

*Soup Julienne.*

Cut in fillets carrots, parsnips, and turnips; chop some onions and leeks; put them into a stewpan to colour them, with butter. Then add to them lettuces, sorrel, celery, in small pieces. If it is the

season for green peas, add a couple of handful and some asparagus tops. Fill up with stock, and stew an hour or two, till the vegetables are done. Some persons add bread, but this is not to English taste.

### *Sorrel Soup.*

Take two handful of sorrel, some sweet herbs, a large carrot, and one onion, and stew them in stock, or water if for maigre-day ; when quite tender rub through a tamis, and add the yolks of three eggs.

### *Herb Soup.*

Take chervil, purslain, beet, sorrel, and lettuce, in equal quantity ; wash and cut them in large pieces ; fry them lightly ; then put them in salt and water, boil them twenty minutes, and add some beaten yolks of eggs.

### *Spring Soup.*

Cut an equal quantity of carrots, turnips, onions, and leeks ; stew them in some good stock ; add some French beans, peas, beans, cucumbers, asparagus-tops, lettuces, sorrel, and chervil ; add a little bit of white sugar : let them reduce till nearly a glaze, then add to them some stock, thickened with green peas rubbed through a tamis.

### *Pumpkin Soup.*

Take a quarter of a pumpkin, pare off the skin, and remove the seeds ; cut it into pieces the size of a nut, and place them in a stewpan on the fire with

some water. When they are completely reduced to a marmalade, put in about half-a-quarter of a pound of butter and a little salt. Let it stew a few minutes till melted. Boil a quart of milk; add a little sugar, or salt if you prefer it, and mix it with the pumpkin marmalade. Put some bread cut in thin slices into your soup-tureen, and pour your soup hot over it.

*Julienne au Pumpkin.*

Take a quarter of a pumpkin, cut it in pieces, after having skinned and removed the seeds; put to it some water, about three pints; add turnips, potatoes, celery, parsnips, all cut in slices, as for Julienne; add about two ounces of butter, salt and pepper; let it stew till the vegetables are sufficiently done, and the pumpkin reduced to a marmalade. This is a very substantial soup.

*Onion Soup.*

Cut a dozen onions into small slices, fry them in butter, turning them from time to time till they are sufficiently coloured. Put some weak stock to them, or water if for a maigre-day, some salt and pepper, and let it stew half an hour; then pour your soup into a tureen, in which you have placed slices of toasted bread; or you may use rice instead.

*Another Soup of small Onions.*

Take a couple of dozen of small onions, take off the skin, scald them to blanch the onions, then fry them in butter, with a little sugar; fry some sippets

of bread in butter, and add some good stock : warm together, and serve.

*Panada Soup Maigre.*

Put into a stewpan slices of bread cut thin, with some water, pepper, salt, and a quarter of a pound of butter ; stew all on a gentle fire, stirring all the time till the bread is well mixed. Then beat the yolks of four eggs with some cream or milk, about a quart ; add it to your panada : but it must not boil after the eggs and cream are added. Some persons cut off the crust, but it is better with it than only the crumb.

*Milk Soup.*

This soup is made with rice, vermicelli, semolina, or macaroni ; you make a good stock with veal, or an old fowl, but add a spoonful of orange-flower water, and a lump of sugar. Beat the yolks of five eggs, mix them with about a pint of cream or milk, which you put on the fire for a few minutes to warm, and when you see it thicken, add it to your stock, from which you have removed the meat, and carefully skimmed : it must on no account boil, or the eggs would curdle.

*Potage au Fromage (Cheese Soup).*

To make this soup well you must make a stock maigre. Take half a pound of new Gruyère cheese : grate half, and cut the remainder into thin slices. In an earthen pipkin put a thin layer of grated

cheese, with some bits of butter; cover this with thin slices of bread; then a layer of the cheese in slices; then again bread; next grated cheese; continue alternately the bread, grated cheese, bread, sliced cheese, till all the cheese is used. On the last layer, which ought to be the sliced cheese, put some pieces of butter; moisten it with some of your stock; stew it till it sticks to the bottom, and the stock is all dried up; then add the remains of your stock with salt and pepper, and serve very hot. This soup ought to be thick. You might make in the same manner with macaroni instead of bread, having first stewed it in stock made with meat, and to vary the flavour use half the quantity of parmesan and Gruyère.

*Potage de Santé.*

Put in a stewpan some slices of beef, an old fowl, and a partridge when to be had: let it warm on a slow fire till brown, moisten it with some spoonsful of bouillon, and let it stew two hours. Stew at the same time some vegetables in stock, such as carrots, turnips, onions, celery, cabbage, and any other vegetables you like. Fill your soup-pot with good bouillon, and when the meat is well done, moisten with a little of it some crumbs of bread, then fry them on a slow fire. Strain off your soup, and serve with the vegetables and fried bread: skim the soup well whilst stewing.

*Potage de Fantaisie.*

Cut in slices some small onions into a stewpan,

with two or three carrots, a small piece of ham, and a large piece of veal : let it set on a slow fire, and when it begins to brown fill it up with some hot bouillon ; let it stew slowly till the veal is quite done. Moisten the crusts of two small rolls in the soup, then pound the white meat of a chicken in a marble mortar, with two yolks of eggs boiled hard, and five or six sweet almonds. When all are pounded fine, moisten it with some soup till it has the consistence of a purée ; if it is too thick, rub it through a tamis : pour this soup very hot over the moistened crusts, which will serve for garniture. This is a rich and good soup, and very light and nourishing. Season to your taste with salt and a little nutmeg.

#### *Potage Gourmet.*

Make a fine farce with the white meat of dressed fowl, the fat and kidney of veal, and a little bacon : pound all well together, with four yolks of eggs, some spice. Fill seven or eight rolls, which you must take the crumb out of by a hole in the top the size of a crown-piece : steep these rolls first in good stock, adding more as they imbibe the soup : by adding it by degrees, they swell more and more. Stew them gently, continuing to moisten the rolls till they can bear no more. It is a handsome dish, and good.

#### *Soup Créci.*

Take five or six large carrots, as red as possible ; scrape them fine, then cut them into thin slices ; then peel and slice a large onion, a turnip, a quarter of



a pound of lean ham, a few sprigs of parsley, and two bay-leaves. Put them into a stewpan with four ounces of butter: fry the whole a light yellowish colour, then add the carrots, with a pint of water, and let them stew until perfectly tender: mix in two spoonsful of flour very smoothly, and add five pints of pale stock: season with a little salt and sugar, and stir upon the fire until boiling: let it boil a quarter of an hour, then pass it through a tamis. This soup should be thick, and of a red colour. Every one who visits Paris should order Potage au Créci.

*Potage à la Reine.*

Take some good stock made of veal and fowl, blanch a pound and a quarter of sweet almonds, pound some white of chicken or veal, some crumbs of bread, a little mace, a little cayenne; put a little stock to these ingredients, boil them and rub them through a tamis: add to it as much stock as you may require for the soup, then boil it all together, and before you serve add some cream, or the yolks of three eggs beaten with a little milk; but it must not boil: after this is added the stock must be seasoned with cloves, mace, and pepper, according to taste. Delicious.

*Potage de Melon.*

You must cut a melon in slices, and stew them with butter till done enough: season with salt, pepper, and a bunch of fine herbs: pass them through a



tamis with some stock, and serve with croutons. Not suited to English taste.

*Potage d'Oignons à la Cressy.*

Take twenty small onions, skin and cut them in slices, and put them in a stewpan with a bit of butter and some sugar. Shake them round till they are a nice colour, then add some good bouillon, and some bread. At the moment you serve your soup, add a glass of old brandy. This soup must be seasoned with salt and pepper to taste. It is very savoury.

*Potage aux Légumes liés.*

Take different kinds of vegetables, such as lettuces, beetroot, spinach, and, during the season, green peas, a little parsley and some chervil; chop all fine together, and put in a stewpan, with some ham, butter, salt, pepper, spice, and stir them carefully on the fire, whilst you shake some flour over them, and then add some good bouillon. Let the vegetables stew till tender; take out the ham, and add five or six eggs well beaten. Put some hot cinders on the top of the stewpan and a slow fire beneath; uncover it often to see if the herbs are done enough: it ought to be the consistence of batter; take it off the fire, and put it by degrees into your soup-tureen, on bread soaked in good stock.

*Potage à la Dauphine (delicate).*

Take three or four large turnips; boil them in a pint of water; take them out and drain them; put

them in a stewpan well covered ; let them stew with a little butter, till soft enough to mash smooth ; then add a pint of cream, mix smooth, add a bit of sugar, and serve.

*Potage à l'Oseille.*

Take a handful of sorrel, washed and picked ; put it in a stewpan with a little butter ; when done enough, mash it smooth ; add as much water as you require, soup, salt, and pepper ; let it boil ; add some butter and the yolks of two or three eggs beaten with cream ; pour on bread. This is a favourite soup for those who like sorrel.

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BEEF IN VARIOUS MODES.

*Bœuf en Persillade.*

Cut some slices of beef small and thin ; put them into a stewpan, with salt and pepper ; put a spoonful of stock, and let it stew half an hour ; make a sauce with a little stock, some fine herbs, a spoonful of vinegar, pepper, and salt ; then arrange your beef round your dish, and place the sauce in the middle.

*Bœuf en Miroton.*

Take a dozen of onions, cut them in slices, fry them in butter till nearly done, add a teaspoonful of flour ; moisten them with a glass of wine and two of stock, add salt and pepper, and stew till the onions

are done, and the sauce reduced. Put some beef that has been stewed in thin slices on the onions : warm together, and serve hot, after having seasoned the sauce with a spoonful of mustard and the same of vinegar. This is a good sauce for the remains of bouilli beef.

*Bœuf en Vinaigrette.*

Take some cold, boiled, roast, or stewed beef, cut it into thin, small slices, put it round your dish as for a mayonnaise, garnish it with fillets of anchovy or red herrings ; add chervil, chives, tarragon, and chop them ; put pickled gherkins in slices ; season with pepper, salt, and vinegar, mixed as for salad.

*Bœuf à la Mode.*

Take a nice piece of beef, lard it with bits of bacon, which you must first season with pepper, spices, and parsley ; put it into a stewpan that just holds it, and cover it closely with four onions, four carrots, a bunch of sweet herbs, a calf's foot, a large glass of water ; let it diminish till a glaze, paying strict attention not to let your meat burn ; then add some stock to moisten it, with either half a glass of brandy, or a large glass of either red or white wine, with a little salt ; then let it stew slowly six hours, and serve with the gravy.

*Rump of Beef aux Oignons.*

Bone a small rump of beef ; bind it into a nice shape, and stew it in a good gravy made with a pint

of white wine, the same quantity of stock, or rather more, a slice of veal, a slice of bacon, a bunch of sweet herbs, salt, and pepper. When it is half done, add about thirty small onions. When your beef is done, put it on your dish with the onions round it, and serve with a sauce made from the liquor in which it was stewed, thickened, and a good brown.

*Rump of Beef baked, or in paste.*

Bone part of a rump of beef, lard it with bacon prepared the same way as for bœuf à la mode; season it with salt and spices; put it into a stewpan with some white wine; cover it closely, and bake it slowly five hours; skim it, and serve it with the sauce. You prepare your beef in the same manner when you put it in paste; garnish with carrots and turnip roses.

*Beef Kidneys à la Bourgeoise.*

Cut your kidneys in small fillets, fry them a few minutes in butter, with salt, pepper, and chives chopped fine: when your kidney is done enough to be a good colour, put to it a sauce made of coulis, the juice of a lemon, or a spoonful of vinegar; or you may use stock if you have no coulis: take care it does not boil, or it will harden the kidney: add very little salt, as when the sauce is reduced it will be too salt.

*Beef Kidneys fried.*

Cut your kidney into pieces the size of a mutton kidney; put them into a stewpan with a piece of

butter, some parsley and shalots chopped, mushrooms, salt, pepper, and nutmeg: dress your kidneys on a quick fire, so as not to lose their gravy; shake a little flour over them, and moisten them with half a glass of wine and two spoonsful of stock; take them off the fire before they boil; add a lump of butter and the juice of a lemon.

*Beef Kidney au Vin.*

Slice your kidneys, and stew them with salt, pepper, and nutmeg; put them on a moderate fire, and stir all the time: mix a spoonful of flour with the same quantity of cold butter, and put it over your kidneys: shake them all together, and add half a glass of white wine, and a small handful of chopped parsley: then serve hot.

*Beef Kidney à la Parisienne.*

You prepare them in the same manner as above, but in place of the wine you add a spoonful of vinegar and a little stock. You must on no account let your kidney boil, or it will make it hard.

*Beef Heart à la Poivrade.*

Cut it in slices, grill it, and serve with a sauce poivrade.

*Brisket of Beef à la Bourgeoise.*

After having trimmed your piece of beef, lard it, skewer it, and put it in a stewpan with four or five carrots, four onions, three cloves, two bay-leaves, and

a bundle of thyme and parsley. Put a layer of fat bacon, which you have well scalded, at the bottom of your stewpan in slices, then put your beef on it; add some stock, and stew it two hours. Put your beef in the middle of your dish, and put the bacon round it alternately, with cabbage boiled alone.

*Beef au Four.*

Take a slice of beef, chop it with half the quantity of suet; put it into a stewpan with some lean bacon cut in slices, parsley, chives, mushrooms, two shalots, all cut fine; pepper and salt, a glass of brandy or wine, four yolks of eggs; mix all well together: line a stewpan with slices of bacon, put in the meat, press it down well, cover it close, and put it in the oven for three or four hours: take off the slices of bacon, and skim the sauce. This is very good cold as an entremet.

*Bœuf à l'Ecarlate.*

Take a tender piece of the rump, bone and lard it, rub it with salt mixed with saltpetre, and then put it into an earthen pan; strew on it some pepper, mixed spices, juniper berries, if to be had, parsley and chives chopped, cloves, thyme, basilic, and a clove of garlic. Add some onions cut in slices; cover all with a linen cloth, and then another cover. You must let it remain in the pickle a fortnight; the first eight days it must not be touched; after that period turn it every day: then stew it with water, carrots, onions, a bunch of sweet herbs, parsley, and

chives ; bind your beef with a linen fillet. When it is done take it off, and let it cool in its own liquor. When cold take it out, and when you serve garnish it with parsley as you would a ham. You can also serve it hot with vegetables, or a purée of peas.

*(Roast Beef.) Aloyau à la Broche.*

Take either the ribs or part of a sirloin of beef ; pare it, and remove the fat and skin ; lard it ; cover it with a sheet of paper, and either roast or bake it. Serve with sauce hachis.

*Fillet de Bœuf, roasted.*

Bone part of the brisket ; roll it up into a fillet after skimming it ; lard it round, but leave the top plain. Let it steep for some days in a pickle made with oil, onions, parsley, lemon-juice, cinnamon, and mace ; rub this in every day, or rather baste it each day. You must skewer it up in the shape of an S, or round, according to your taste, and roast it a nice colour. Serve with it, in a sauce-boat, a sauce hachis, or make one with the gravy of your meat, a spoonful of vinegar, some shalots chopped, salt, and pepper. Many persons prefer the beef plain to being put in the marinade (pickle). It is prepared in the same manner, but not put in the oil, &c.

*Fillet of Beef with Vegetables.*

Prepare your fillet as in the former receipt, and let it stew with some carrots, onions, a slice of bacon, bunch of parsley, a glass of white wine, two



ditto of stock, and a little salt ; cover your stewpan, and put hot coals on the top. When your meat is done enough take part of the gravy, strain it, and add a little more stock mixed with flour. Warm your vegetables, which must be cooked separately, and serve round your fillet. This fillet can be served also with tomato sauce, or on a bed of chicory.

*To Fry a cold Fillet of Beef.*

Melt some butter in your fryingpan, cut your fillet into slices, and season them ; put them into the pan when the butter is hot ; throw in a spoonful of flour ; stir it ; add a glass of stock, and serve over your meat, which arrange neatly on your dish.

*Beefsteak French fashion.*

Cut your beef into small slices ; beat them, pare them, and season with pepper and salt, and moisten them with melted butter : fry them on a quick fire. Whilst they are frying put a piece of butter on your dish, season it with salt and pepper, some parsley, and the juice of a lemon ; put your beefsteak on it, and serve quick and hot : you must mind it be not too much done. Sometimes you add fried potatoes, dressed in the middle of your dish ; or cresses seasoned with vinegar and salt ; or with anchovy butter ; or sometimes it is served with sauce piquante, with sliced gherkins.

*(Beefsteak.) Charbonnée en Papillotes.*

Take a beefsteak, pare it, and stew slowly, with



a pint of stock, or water, with pepper and salt: when done enough reduce the sauce to a glaze, then add to it either some oil or melted butter, parsley, chives, shalots, mushrooms chopped fine; put this on a sheet of paper, then lay your steak on it; twist your paper up on each side, and put it on your grid-iron; broil it on both sides, and serve in the paper.

*Langue (Tongue) du Bœuf en Poussette.*

Boil a tongue, not salted, till the skin will peel off easily; then let it cool; when quite cold cut it in thin slices; cover each piece with the farce godiveau, or any forcemeat, about the thickness of a quarter of an inch or a crown-piece; press it equally with a knife to make it firm, roll them and skewer each, after having put a strip of bacon in; fry them or bake them; when they are nearly done throw some bread-crumbs over them; let them brown, and serve with a sauce piquante.

*Langue Ecarlate. (Tongue pickled French fashion.)*

Take a tongue, scald and skin it, then put it into a pan which covers closely, after having rubbed it with pepper and saltpetre; strew the bottom of the pan with salt; roll your tongue in the salt on all sides; then add some cloves, a bunch of thyme, and two bay-leaves. In twenty-four hours rub your tongue well with the salt; do this every day for a fortnight: at the end of that time put it in a canvass bag, and dry it in the chimney to smoke it. When you cook it put it into a saucepan full of water, with

some onions and two cloves, a little thyme, and bay-leaf; let it boil slowly six hours; let it cool in the broth, and when cold drain it, and garnish with bread-crumbs.

### *Tongue au Gratin.*

Boil a tongue in some broth, after having scalded it. When done enough take off the skin, and let it grow cold. Chop some parsley, chives, tarragon, three shalots, capers, and two anchovies; take a piece of bread-crumb the size of an egg, which you mix with half the quantity of butter, and part of the chopped herbs. Put all into a stewpan; cut your tongue into slices; lay these slices on the layer of crumbs and herbs; strew pepper, salt, and some more of the chopped herbs over them; then put a layer of your tongue on the herbs, and again season these slices: moisten them with four spoonsful of stock and half a glass of wine, and stew till the sauce sticks to the bottom: then add a little more stock, seasoned, before you serve.

### *Tongue with Cucumbers.*

Scald your tongue, to whiten it, half-an-hour. When it is cold lard it with bacon, seasoned with pepper, spices, parsley, and chives chopped. Stew your tongue with a seasoning of fine herbs, carrots, onions, different kinds of spices, and some stock; let it stew slowly four hours. At the moment you serve, skin your tongue, and have a sauce of coulis thickened, in which you put gherkins, sliced round.

You may serve tongue dressed as above, cut into slices, and moistened with sauce hachis. Put each slice, with a strip of fat bacon, into a square of buttered paper, which you twist closely, and boil or fry : put them, when done, round your dish, and serve with gravy or without, according to taste.

Tongue may also be served with mushrooms fried in butter and lemon-juice, and serve with sauce made thus : six spoonsful of stock, seasoned with pepper, salt, and thickened with flour browned with butter : skim the sauce, and pour over the tongue, sliced.

*Beef Palates à la Ménagère.*

Clean and skin it, after having scalded it ; pare off all the black parts, then wash them in several waters ; cut them into square pieces, rather large, about two fingers in size ; put them into a stewpan with strips of fat bacon, pepper, salt, onions, thyme, bay-leaf ; let them stew slowly six hours ; drain them, and arrange them neatly on your dish, and pour in the middle sauce piquante.

*Beef Palates à la Lyonnaise.*

Stew your palates in stock ; cut them in pieces of any form you please ; have some onions stewed and passed through a tamis ; add them to your palates and stew all together till hot, but it must not boil.

*Beef Palates en Allumettes.*

Cut your palates about the size of matches ; let them steep two hours in a little stock, salt, pepper,

bay-leaf, thyme, basilic, cloves, allspice, sliced onions, a piece of butter rolled in fine herbs and flour, all hot ; take your fillets and dip them in batter (*pâte à friture*) ; fry them a pale colour, and garnish with fried parsley. To vary your dishes you may serve beef palates fried, after rolling them in flour and butter, and add a little stock, with the size of an egg of anchovy butter. Do not let them boil, and serve hot.

*Croquettes of Beef Palates.*

Take two beef palates boiled in water ; after cleaning them, cut them in two, lengthways ; stew them slowly in some stock, with a clove of garlic, two cloves, salt, pepper, thyme, and bay-leaf. When done enough, drain them ; cover each piece with forcemeat, highly seasoned, the thickness of a crown-piece ; tie them, and steep them in a batter made with flour, mixed with half a pint of wine and a spoonful of olive oil ; add salt ; fry them a light brown, and garnish with fried parsley.

*An Ox Tail en Hochepot.*

Cut your tail in pieces ; blanch them, and stew five hours in good stock, with a bundle of fine herbs and some salt. When half done put some carrots, onions, parsnips, turnips, and a cabbage sliced ; when all is done, carefully skim it, and arrange your vegetables round your meat in a deep dish ; skim the sauce in which the meat is cooked ; add some coulis to reduce it ; strain through a tamis, and serve under the meat.

*Ox Tail à la Sainte-Menehoulde.*

Stew the meat, cut in pieces, in good stock ; when done enough roll them twice in butter and flour, and broil to give them a colour ; make a sauce of the stock in which the meat is dressed, and thicken it after, serving with pepper and salt to taste.

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BEEF BOUILLI, HOW TO SERVE IN  
DIFFERENT WAYS.*Bœuf bouilli.*

The brisket is the best ; bone a piece, and roll it up, bind it, and put it into a stewpan with some stock : stew it till done enough, and serve it with parsley in branches, or good gravy garnished with cresses, or as follows :—

*Bœuf à la Manger.*

Take twenty small onions, fry them in good butter, shaking a little flour over them : let them remain five minutes ; add a cup of stock, salt, pepper, your piece of beef, some nutmeg, and a bunch of sweet herbs : stew for two hours, and serve your beef with the onions round.

*Croquettes de Bœuf.*

Take some dressed beef, mince it very fine ; melt a piece of butter in a stewpan ; add three or four onions chopped fine, and fried a pale brown ; add a spoonful of flour, and moisten with a little stock : season with pepper, salt, nutmeg, and a little

chopped parsley. When the sauce is done enough add your minced beef; let it stew a short time, till the sauce is dry; then form the meat into balls. Dip them into white of egg; have some butter or lard hot, but not quite so hot as for other frys, or the bullets will break: put them in gently, shaking a little flour over them; roll them about gently in your pan to brown them alike, and when a good colour drain them on a cloth, and serve them on fried parsley.

*Filet de Bœuf au Restaurante.*

Take a fillet of beef, pare off the fat and skin, cut it in two slices, beat them between a cloth with a rolling pin; then lard them, and shake over them pepper, salt, nutmeg; put them into a stewpan, with some slices of veal and fat bacon, and some truffles cut in slices; add about half a pint of stock, and let it stew slowly four or five hours: serve with the sauce strained and the truffles round the beef; or, what is better, take out the veal and bacon, and serve with the gravy.

*Filet de Bœuf aux Champignons.*

Cut a fillet into slices, and pour over them some melted butter, seasoned with salt and pepper, and lay them aside for an hour; then put them in a fryingpan on a quick fire to brown lightly; take them out, and put in the gravy a spoonful of flour; mix it smoothly; add some stock; add some mushrooms, half stewed; then put back the fillets and finish them: when you serve, add to the sauce the

juice of a lemon. The sauce should be thick. If you like to make a change, keep out the mushrooms and add half a pint of Madeira, or serve with tomato sauce.

*Filet de Bœuf au Vin de Madère.*

Lard a piece of the brisket after boning it, and put it into a stewpan with onions, carrots, and a bunch of sweet herbs; add some consommé and some Madeira; cover it with a buttered paper; put some fire on the cover of the stewpan. When done enough, strain the sauce through a silk sieve; reduce it, and serve under the fillet.

A fillet of beef is very good as follows:—Steep it for two days, after raising the skin, in oil and vinegar, with salt, pepper, parsley, some garlic, onions, thyme, bay-leaf; when you dress it, wrap a buttered paper round, and roast it: serve with currant jelly-sauce.

*Hachis à la Chicorée.*

Cut up some slices of cold roast beef, warm them in a stewpan with a little stock, and a bit of butter and salt; put some warm cinders on the cover of your pan, and pay great attention lest it boil. Serve it with a ragoût of chicory or spinach, or with tomato sauce.

*Filet façon Chevreuil.*

Cut the slices like pieces of hare, lard them, and steep in vinegar four-and-twenty hours; then fry them, and serve with poivrade sauce.

*Filet de Bœuf farci.*

Scald a good fillet of beef, well hung and tender;



throw it into cold water for five minutes, then cut it in round slices like the leaves of a book, but not through the fillet. Make a farce with some pounded bacon, chopped onion, some fat liver, the remains of partridge, or any dressed game or poultry, well seasoned with pepper, salt, and spice ; lay some of this farce between each slice, then wrap it up in a lamb-skin, softened with hot water ; cover that with a sheet of paper oiled ; tie it tight, and fasten it on a spit : when roasted enough, take off the paper and skin, and serve with sauce poivrade, or any other you prefer. This is a savoury dish.

*Terrine de Bœuf à la Paysanne.*

Cut some beef into thin slices, with some lean bacon, parsley, chives, chopped small, a bay-leaf, some allspice, pepper ; put it into an earthen pot, in layers of beef, bacon, and the seasoning ; add at last a spoonful of brandy and two spoonsful of water ; let it stew on hot cinders for five or six hours ; then, if done enough, skim the gravy, and serve it in the pan. This is a good, but common dish. I could multiply these receipts, but judge it best to curtail the number, which only puzzles the cooks. A glass of wine may be added to the gravy. This is often used in French families when alone.

*Côte à la bonne Femme.*

Take a piece of the brisket and lard it ; put about a quarter of a pound of butter in a stewpan, melt it, and put in your beef, well seasoned with pepper and salt ; set the stewpan on a quick fire, and



turn your beef two or three times ; when quite hot, put it on a slower fire, with some hot ashes on the cover, till done : it will take an hour and a half. Serve it with the sauce in which it was cooked.

*Côte à la Provençale.*

Dress the brisket as above, but in place of butter put oil, to dress it ; when done, serve with the following sauce round :—Cut twenty large onions in half, fry them in good oil till a nice brown ; then add some vinegar, some stock, salt and pepper, and pour it over the beef when served.

*Another Mode.*

Bone your brisket ; beat it, and baste it with oil, slices of lemon, onions, parsley, salt and pepper ; the next day grill it on a quick fire, and serve with a sauce piquante.

*Culotte à la Braise aux Oignons.*

Bone a good rump of beef ; bind it into a good shape ; stew it with a pint of white wine, some stock, a slice of veal, a slice of bacon, a bunch of sweet herbs, salt and pepper ; when it is half done, add thirty onions, either Dutch or large red ones ; when done, take it out, to skim the fat off ; put it on the dish, and place the onions round, and serve a good sauce with it, or the gravy with which it was dressed, reduced. This gravy may be added to any other ragoût or sauce, with great advantage to the flavour.

A rump of beef can be baked, well larded and basted with white wine, or in a pâté. It can be served after being plain stewed, with sauce made of coulis, parsley, chives, anchovies, capers, a clove of garlic, all chopped together, and seasoned with pepper and salt.

*Langue à la Braise.*

Scald a beef tongue, and half boil it; then take it out, raise the skin, and lard it; put at the bottom of a stewpan some sliced onions, carrots; place on these one or two slices of beef and two slices of bacon; put your tongue on it, and cover it with bacon, beef, and the onions, cut in slices, with salt, pepper, &c.; cover your stewpan, and put it on a slow fire; when warm, add some stock, and let it stew slowly; when done, skim it carefully, and serve. Tongue may be dressed in slices au gratin: cut it in thin slices, and put it in a stewpan with some parsley, garlic, and some slices of ham; season with salt, pepper; shake bread-crumbs over them; stew gently, after adding a glass of good stock; add some pickled gherkins cut in slices.

*Langue à la Brochette.*

Half boil it, and let it get cold; then cut it in small square slices; fry them in butter, with salt, pepper, tarragon, and the yolk of an egg well beaten; when nearly done, put them on silver or wooden skewers; dip them into the yolk of an egg; powder them with bread-crumbs; grill them a few minutes to give them a good colour, and serve them on the skewers.

*Langue de Bœuf à la Sauce au Poulet.*

Parboil it, and let it get cold ; cut the tongue into square slices, and stew it in some good stock, with a glass of white wine ; when the meat is done enough and the sauce reduced, beat the yolks of two eggs with a little stock ; add some lemon-juice, and mix with the sauce, taking care not to let it boil.

*Rognons à la Provençale.*

Cut the kidneys into thin slices ; take out the nerves and skin ; add some pieces of salt pork, with pepper, a bay-leaf, four small onions, and a little stock ; put all into a stewpan, and cover with paper, and stew three or four hours. This is a very good dish.

*Bœuf en Rouleau (Rolled Beef).*

Take a piece of the brisket ; bone it, and beat it flat ; put it for eight or ten days in vinegar ; rub it with parsley, chives, salt, and pepper ; then lard it, and roll it up very tight ; stew it with some water, vinegar, two bay-leaves, salt, and some spice ; let it stew slowly. Make the sauce with two spoonsful of flour, browned in butter, and add some stock, with shalots or small onions : when nearly done, add some spice, and either capers or sliced gherkins.

*Bœuf à la Mirabeau.*

Bone a rump ; put it one day in vinegar, then beat it, and boil it till three-parts done in stock or water ; skim it clean, and add half a bottle of wine,

some bacon cut in slices, two onions chopped, some cloves, a root of ginger, three bay-leaves, pepper, salt, and two crusts of brown bread; let it reduce till enough for the sauce, and add some crumbs of bread, soaked in the broth, and rubbed through a tamis; then let it stew another quarter of an hour.

*Fricandean à la Maurice.*

Prepare a piece of the brisket by boning and beating; lard it with pieces of pickled gherkin and anchovies, and stew in good gravy, made with stock, a glass of wine, some capers, and pepper; skim off any fat, and serve round the beef.

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TRIPE.

*Tripe à la Provençale.*

The tripe is prepared by the tripe-sellers: you wash it in several waters. Then put it into a stew-pan, with some strips of bacon fat, carrots, onions, bay-leaf, thyme, parsley, shalot or garlic, cloves, all-spice whole, salt, and peppercorns; moisten it with some spoonsful of stock and consommé, if you have any ready; add a pint of white wine. Stew gently six hours; let it cool, cut onions in slices, fry them in oil or butter with chopped parsley, add your tripe to this, and garnish with sippets of bread fried in butter.

*Tripe à la Lyonnaise.*

Cut onions and fry them, put them in a stewpan with your tripe, moisten them with stock to prevent their burning, and stew slowly to warm them. Your tripe must be boiled before it is cut up.

*Tripe à la Poulette.*

Your tripe must be ready-dressed, then cut it into small pieces; put them into a stewpan with butter, mushrooms, chopped parsley, salt, pepper, and nutmeg, grated large or cracked: stew all together with three spoonsful of milk, then add the yolks of two eggs beaten with the juice of a lemon: arrange the pieces on your dish, pour the sauce over them, and garnish with sippets fried.

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## VEAL.

*Calves' Head au naturel.*

Steep the head a night in water, then scald it in a saucepan full of water; take it out when well scalded, and put it in cold water; drain it on a napkin; take away the jaw-bones, bone the head without breaking the skin; take the tongue and skin it; rub it with lemon-juice; wrap the head in a linen cloth, and boil it in water with salt, pepper, half a glass of vinegar, a bundle of fine herbs, and a shalot; stew it slowly four hours; watch it well that there is

plenty of water: when done enough, take it off, and remove any bones without breaking the skin. Serve it on a napkin. The head must be split after it is done. Serve with it in a boat a sauce piquante, poivrade, or ravigote.

*Calves' Head farci.*

After your calf's head has been blanched and well scalded raise the skin, and take care in cutting it: bone the head, take away the brains, eyes, tongue, and cheeks: make a forcemeat with the brains, some veal, suet, all chopped fine; season with salt, pepper, parsley, and chives, chopped fine, a bay-leaf, thyme, basilic, chopped into powder: put two spoonsful of brandy or three of wine; moisten the forcemeat with three yolks of eggs and three whites well beaten: take the tongue, the eyes, the cheeks, blanch them in boiling water: take off the black part of the eyes, cut all into large slices, and add them to your forcemeat; put the skin of the head without scalding into a stewpan, the ears underneath; fill the skin with your forcemeat, and then sew it in plaits like a purse: bind it round, giving it as much as possible its natural shape: put it in a stewpan that will just hold it, with half a pint of wine, double the quantity of stock, a bundle of fine herbs, parsley, chives, onions, salt, pepper, and stew slowly three hours. When it is done enough, skim the grease well off, and wipe the head when you take off the binder; strain part of the liquor through a tamis, add a little coulis, the juice of a lemon, or a

spoonful of vinegar; reduce it to the consistency of sauce, and serve with the head. If you wish to use this dish cold, add more wine and less stock: let it cool in the liquor, and serve on a napkin.

*Calves' Head en Tortue.*

Prepare your head au naturel, as in the first receipt; cut it in pieces, preserving the eyes and ears whole. Put in a large stewpan half a pound of butter, a pound of fat bacon, three table-spoonsful of flour, salt, pepper; moisten with water, and add a bottle of good white wine. When this boils put in your head, after having rubbed all the pieces with lemon-juice; add a bundle of fine herbs, bay-leaf, basilic, chives, a clove of garlic, and six onions, one stuck with cloves. Then prepare all the things that are used with the head en tortue, and scald them, such as quenelles of veal made small, cockscombs, pieces of tongue, the brains, sweetbreads in pieces, mushrooms. Put these into the sauce, and when all is done enough, put your pieces of head in a pyramid, and pour your sauce with the garnishing over it, and add gherkins sliced, seeds of capsicums pickled in vinegar; and, above all, some crayfish must be placed on it. It is essential that the sauce should have a good flavour, and the dish be served very hot. The garnishing may be varied according to taste. When this dish is well dressed it is much liked.

*Calves' Head fried.*

Cut the remains of a calf's head in slices, steep



them in a little stock, then dip them in batter, and fry them a nice colour.

*Calves' Head à la Poulette.*

Fry some fine herbs in butter with a little flour; moisten with some stock; a little salt, and pepper. Boil your sauce a quarter of an hour; put your pieces of head in it; let them stew till warm. At the moment before you serve, mix with it the yolks of three eggs well beaten: do not let it boil, and add the juice of a lemon.

*Calves' Brains à la Poulette.*

Scald the brains, mix with butter and a little flour; put in a glass of water; add mushrooms and little onions; let them stew an hour; season with salt, pepper, and nutmeg: put in the brains, which will be done in about ten minutes; add the yolks of two eggs beaten with the juice of a lemon, and serve very hot.

*Calves' Brains à la Maître d'Hôtel.*

Dress your brains as above; let them stew in white sauce slowly three-quarters of an hour. When done, drain them, and put them on your dish; melt in a stewpan a quarter of a pound of butter, add a spoonful of flour, mix together with a wooden spoon; add salt, pepper, a spoonful of vinegar, and a little water; put the stewpan on the fire, turn your sauce, and let it thicken sufficiently to cover the bones.



*Calves' Brains fried.*

Prepare the brains as above; when done, cut them into six pieces; put them into a basin with salt, pepper, and vinegar; let them steep till ready to fry; then drain, and dip them into batter, and put them into your fryingpan, which should not be too hot. Serve with fried parsley round them.

*Brains en Matelote.*

Scald your brains in water, then stew them in some stock, white wine, salt, pepper, bundle of fine herbs, and mushrooms; fry in butter some small onions, shake a little flour over them, and turn them when frying; put the onions into your sauce with the brains: ten minutes will finish them. Serve hot.

*Calves' Ears au naturel.*

Take some calves' ears, and prepare them in the same manner as the calf's head; cut the ears in fringe round the borders, and range them round your dish; put in the middle a sauce hachis, a sauce piquante, or a sauce ravigote, according to your taste. They may be served without sauce, and with oil and vinegar; or they may be fried, first being rolled in bread-crumbs, and seasoned. Serve with fried parsley.

*Calves' Liver à la Bourgeoise.*

Take a fine liver, skin it, lard it in large lardons, seasoned with salt, spices, parsley, and chives, chopped small; put them into a stewpan, the bottom of which is to be covered with fat bacon, onions, and a

bundle of fine herbs; add a little stock, and stew slowly. When half done, add two glasses of white wine. When quite done, strain and skim the sauce, and add a little flour browned in butter, also some capers chopped fine: pour your sauce over the liver, and serve hot.

*Liver fried.*

Cut a liver in slices, and put them in a fryingpan, with shalots, parsley, and chopped chives; put in a piece of butter mixed with flour, and fry on a quick fire. When the liver is done enough one side, turn it; add a glass of red wine; season with salt and pepper, and take it off just before it boils. If the sauce is too thick, add a little stock.

*Liver roasted.*

Lard a liver; steep it six hours in oil, salt, with two bay-leaves, slices of onion and parsley in it: then put it on your spit, taking care that none of the ingredients remain on it: bind it on the spit tightly before it is turned, and wrap a buttered paper round it; let it roast an hour and a-half, or longer if necessary. Take off the paper some minutes before it is done, to brown it.

*Liver à l'Italienne.*

Cut a liver in thin fillets; have parsley, chives, mushrooms, two shalots, half a clove of garlic, all chopped fine; a bay-leaf, thyme, basilic chopped to powder; put a layer of the fillets of liver; spread

over them salt, pepper, and the chopped herbs, with a little butter or oil, and continue alternately till all is in ; stew it an hour ; take out the fillets with a spoon with holes in it ; skim the fat off the sauce, put a little piece of butter rolled in flour, and add the juice of a lemon ; warm your sauce, stirring it the whole time : add your liver to warm in the sauce, and serve hot.

### *Calves' Feet.*

They must be scalded first, and well cleaned. They may be served au naturel. After being stewed quickly, drain and serve them with salt, pepper, and vinegar.

### *Fricassée de Poulet.*

Cut the feet into pieces after they are boiled ; then put them into a stewpan, with a piece of butter, a bunch of sweet herbs, some mushrooms, chives, two shalots : add a little flour, a glass of white wine, the same of pale stock ; season with salt and pepper, and stew half an hour slowly. Take out the herbs, &c., and add to the sauce the yolks of three eggs, to which you add a spoonful of vinegar and a spoonful of stock.

### *Calves' Feet à la Sainte-Menehoulde.*

When they are cleaned and scalded, take away the large bones ; then put them into a stewpan with a large piece of butter, parsley, chives, and a shalot chopped, salt and pepper ; let them stew slowly, turn

ing them gently, till the sauce is nearly dried up. When they are cold, moisten them with any sauce remaining ; shake crumbs of bread over them ; broil or fry them a nice colour, and serve them with sauce piquante. Sheep's trotters are equally good dressed in the same manner.

*Sweetbreads en Fricandeau.*

Scald them in several waters to disgorge the blood, and let them whiten a quarter of an hour in boiling water. Lard them ; put them in a stewpan, the larded side uppermost ; moisten with stock, and season them ; stew them slowly. When the sauce is reduced, and the sweetbreads a nice colour, serve them on stewed sorrel, chicory, or with a tomato sauce, pouring first over them the sauce in which they were stewed.

*Sweetbreads aux fines Herbes.*

Chop fine parsley, shalots, and mushrooms ; mix with them a piece of butter and some white pepper. Put your sweetbreads into a saucepan, with some strips of fat bacon at the bottom ; add half a glass of white wine, the same quantity of stock, and let it stew slowly ; when they are well done take them out, skim your sauce, and add a little coulis, or stock, if too much reduced, and pour it hot over your sweetbreads when you serve.

*Sweetbreads en Caisse.*

Scald and whiten your sweetbreads ; when cold,

cut them into slices, steep them in a marinade made with oil, chives, parsley, shalots, and mushrooms, chopped, with salt and pepper. Make six or eight cases of strong paper, about the number of your slices; moisten them with melted butter or oil; put in your sweetbreads, with their seasoning, twist your cases and broil them, putting a sheet of paper oiled on the gridiron first; let them remain half an hour, taking care that the paper does not catch, which you must keep moistened. Serve them in the cases.

*Sweetbreads à la Poulette.*

Take your sweetbreads, after they have been prepared as before, like those with fine herbs, put them into a stewpan, with some pale-coloured stock and some ready-stewed mushrooms; let them stew, and the sauce reduce; then, just before you serve, add the yolks of two eggs well beaten, with some parsley scalded and chopped, with the juice of a lemon: do not let it boil after the egg is added, and stir it one way till it is near boiling. Serve it over your sweetbreads.

*Breast of Veal à la Bourgeoise.*

Lard a breast of veal with lard rolled in fine herbs chopped; put it in a stewpan, on a layer of fat bacon; add some slices of onions, carrots, and parsnips, chopped; let them heat on a slow fire half an hour; then add half a pint of stock, and three table-spoonsful of brandy, or wine: let it stew slowly till done. Skim the sauce, and serve under the meat:

add pepper to taste. Veal cutlets can be served plainly broiled, with pepper and salt, or with bread-crumbs shaken over them, and with a good sauce piquante.

*Côtelettes en Papillotes.*

They can also be served in papers as follows :— Cover the two sides of your cutlets with a farce made of bread-crumbs, pounded bacon, some parsley, chives, and mushrooms if to be had, chopped fine ; cover each with bacon cut very thin ; butter your papers, and wrap them up in paper : broil them on a slow fire three quarters of an hour. Serve in the papers.

*Cutlets fried.*

Put your cutlets in a fryingpan, with salt, pepper, parsley, shalots, chopped fine ; moisten the whole with melted butter, and put your pan on a very quick fire. When the cutlets are done on one side turn them on the other, till done enough ; add a little flour, browned with butter, after you have taken out your cutlets, and a little stock : let it come to the boil, and pour your sauce over the cutlets.

*Fricandeau of Veal.*

Take a slice of veal, about four inches thick, lard it well ; put it to stew with some water, butter, large onions, carrots, and a bundle of sweet herbs : let it stew slowly four or five hours. Take out your fricandeau, which you can keep hot on the stove ; skim your sauce, strain it, and mix flour

with it ; then put back your fricandeau, let the sauce reduce, glaze your meat, and serve with the sauce. If too thick, add a little stock.

You may serve this fricandeau with sorrel, chichory, or spinach under it, or with cauliflowers as a garnish.

*Blanquette de Veau.*

Take the remains of roast veal, cut it in small pieces, or mince it fine ; having cut off the outside skin, melt in a stewpan a piece of butter, some flour, salt, pepper, and a bundle of parsley ; warm your veal in this sauce, having added a little pale stock, or some milk seasoned with nutmeg and mace. Just before you serve, have the yolks of three eggs well beaten, with the juice of a lemon ; add this to your blanquette ; let it warm but not boil, or the egg will curdle. Serve hot with sippets of bread. You may vary the flavour by leaving out the parsley and using lemon-peel. Blanquettes of chicken or turkey are made the same way. Occasionally you might leave out the yolks of eggs, and add stock, with the flour browned, and a few pickled mushrooms.

*Breast of Veal (Stuffed) farcée.*

The breast and the gristle (tendons) of veal are the most *recherché* parts ; there are numerous ways of dressing them, but I shall only give the principal. To farce the breast, you cut the ends of the bones on both sides ; you raise the veal from the bones, and put on it a farce made with some veal



pounded ; some sausage-meat, parsley, shalots, salt, pepper, and nutmeg, all chopped fine ; add the yolks of three eggs boiled hard, and chopped ; mix well together, and lay on your breast of veal ; roll up your veal, and sew the meat with a large needle and twine, or coarse thread, to prevent the farce escaping ; lay slices of fat bacon at the bottom of your stewpan, and put in your breast of veal, with some stock, salt, pepper, and a bundle of herbs. At the end of three hours' slow stewing take away the twine ; after taking the meat out of the sauce, strain your sauce, after carefully skimming it ; add a little flour and when warm pour your sauce over the veal, and serve garnished with lemon. You cut off the gristle before you cook this dish.

*Tendons of Veal à la Poulette.*

Take out the gristles from a breast of veal, and after having scalded them, stew them with a bit of butter, some onions, carrots, and a bundle of fine herbs ; add some good stock, and stew till done enough ; then add a spoonful of flour mixed with butter, the yolks of two eggs well beaten : warm your sauce after the eggs are put in, but do not boil. Serve hot.

*Tendons of Veal en Matelote.*

Brown your tendons in flour and butter ; then put them into a stewpan with a glass of wine, the same of stock, some salt, pepper, bundle of fine herbs, cloves ; when nearly done, add some little



onions browned in batter, and some mushrooms stewed : then serve.

*Veal Tails à la Poulette.*

Cut your veal tails in pieces ; blanch them in lukewarm water ; then put them into a stewpan, with butter, a bunch of parsley, chives, onions, a shalot, or a clove of garlic, pepper, salt ; put your pan on the fire for a few minutes, shake flour over them ; then add some stock, salt, and pepper ; let them stew, turning them often. When done enough take out the bundle of herbs, onions, and add the yolks of two eggs, the juice of a lemon, and some chopped parsley. Serve hot.

*Neck of Veal à la Bourgeoise.*

Put your neck of veal, after having trimmed it nicely, into a stewpan, with a piece of butter, some onions, carrots, a bay-leaf, and some stock ; stew it two hours, and serve with vegetables and the sauce thickened.

*Braisolles of Veal.*

Mince part of a fillet of veal in slices about an inch thick ; chop fine chives, parsley, shalots, and if you have them, mushrooms, equally fine ; strew over a stewpan some fine herbs ; add a piece of butter ; then put a thin layer of veal, and then alternate layers of herbs and meat, till all is put in ; cover it with slices of fat bacon ; stew slowly an hour and a half ; when half done, add a glass of

white wine and the same of stock. When done, serve with the sauce well skimmed.

*Shoulder of Veal à la Bourgeoise.*

Put a shoulder of veal, with a glass of water, two spoonsfull of vinegar, three onions sliced, parsley, chives, two shalots, a bay-leaf, two cloves, and a large piece of butter, in an earthen pan; cover it close, and cement the edges of the cover with paste of flour and water. Let it bake in an oven three hours; or, if you have no oven, put it on a slow fire. Strain the sauce, and pour it over the meat.

*A Knuckle of Veal mariné.*

Put your knuckle of veal into an earthen pan, with salt, pepper, shalots, thyme, bay-leaf; pour over it a quart of vinegar, and let your meat remain in it three days, turning it two or three times a-day. Take it out and lard it, wrap it in buttered paper, put it on your spit and roast it four hours; or you may bake it. Prepare the sauce of stock thickened, with the juice of a lemon added, salt and pepper: part of the fillet must be left with the knuckle. In fine kitchens the knuckle is only used to make coulis and sauces.

*Veau en Caisse (very good).*

Take the remains of a cold loin of veal, cut it in thin slices; chop the kidney with parsley, chives, some bread-crumbs, salt, pepper, and grated nut

meg; mix well together; fry some slices of bacon; make some strong paper cases, butter them, put the bacon at the bottom, then some of the chopped kidney, then one of veal, and so on till full. Cover your case with a paper, and grill them half an hour. At the moment you serve add the juice of a lemon, and serve in the cases.

*Poitrine de Veau glacée (excellent).*

Choose a good breast of veal, open it at the bottom and form a pocket, fill it with farce made as follows:—Take some sweetbread, breast of chicken or turkey, or cold game, some morels, grated bacon; season with parsley, shalots, salt, pepper, nutmeg, mushrooms, two yolks of eggs, dressed hard, all chopped fine: fill your veal-pocket with it, sew it up, and put it in a stewpan, lined with slices of fat bacon at the bottom. Add two glasses of good stock, half a bottle of white wine; let it braise till tender and done enough, then reduce the sauce, glaze your veal, and serve with a ragoût of morels, or vegetables, such as green peas.

*Poitrine farcée aux fines Herbes.*

Prepare your breast of veal as in the former receipt, and make a forcemeat with spinach, sorrel, asparagus, artichoke bottoms, and sweet herbs, moderately seasoned with pepper and salt: chop fine with a little bacon and some bread-crumbs moistened with milk. Fill your veal as in the former receipt; put it into a stewpan with some bacon sliced at the

bottom ; add some stock. When the veal is done enough, serve it with a ragoût of morels, and some of the gravy or blonde de veau au santé, which will be found amongst the sauces.

*Pilau, a Turkish Ragoût.*

Cut about a pound of veal in pieces, add a quarter of a pound of fat bacon cut in slices ; you must fry them in butter, and then put them in a stewpan with a quart of water ; it must stew till it is half done : then you throw into it about half a pound of rice, and season it with salt, pepper, a bunch of sweet herbs, three allspices whole ; and let the rice be well boiled and tender, and the ragoût has sufficient consistency to raise it in a pyramid.

It is the custom in Turkey to dress four pilaus, which are placed at the different corners of the table, and each has a different colour. The yellow is coloured whilst stewing by adding a small spoonful of turmeric ; the green, with the juice of spinach ; the red, with cochineal. It is the custom also to vary the meats of each, such as fowl, duck, veal, and pork.

The dessert is placed on the table with the meats, and a large kari occupies the centre of the table. A table thus served presents an agreeable appearance, from the fruit and bouquets of flowers interspersed.

*Côtelettes à la Lyonnaise.*

Lard some cutlets, after shaping them, with bacon, anchovies, and pickled gherkins ; steep them

an hour in oil seasoned with pepper, salt, parsley, chives, and shalots, chopped *very fine*. Put them into a stewpan with the oil and herbs, and stew them slowly, first having wrapped up each cutlet in bacon till done enough. Then put a little butter into a fryingpan, with a small spoonful of flour, some parsley, chives, and shalots, all chopped fine. Shake them round in the pan to mix them: add some lemon-juice, and moisten with the gravy well skimmed. Pour this sauce over your cutlets when you serve. Very good.

*Côtelettes glacées.*

Lard your cutlets; stew them slowly with two glasses of stock, some onions, carrots, salt, and pepper, with a knucklebone of veal. When done enough; take out your cutlets, keep them hot; reduce some of the sauce to jelly, pass it through a tamis, and glaze your cutlets with it. Serve with some of the sauce, or any other you prefer.

*Côtelettes de Veau aux Truffles.*

To three spoonsful of olive oil add half a clove of garlic, a bay-leaf, two glasses of white wine, the same of stock, and truffles cut in slices. Stew your cutlets slowly in this till done enough; then add some butter browned with flour to thicken it. Let it boil five minutes, and serve hot with your cutlets. Excellent.

*Côtelettes de Veau à la Provençale.*

Pare your cutlets, and lard them with gherkins

and anchovies ; steep them in oil half an hour, wrap up each cutlet in fat bacon, and skewer them. Stew them with butter, salt, pepper, parsley, and two glasses of good stock. When done enough take off the bacon, and serve with the sauce.

*Filets de Veau à la Moëlle.*

Cut a fillet of veal into thin slices, flatten them with a rolling pin ; pound in a mortar some bread-crumbs about the size of an egg, with some bacon, parsley, salt, pepper, and beef-marrow : spread some of this farce on each slice of veal ; cover them with another slice, the same slice, and then the farce, till the veal is all placed one on the other ; fasten the sides with skewers, and moisten the ends with yolk of eggs to bind them ; fry the fillet in butter till a good colour, and finish on the gridiron.

*Salmis de Veau aux Truffles.*

Cut a fillet of veal in slices ; put between each two slices a slice of ham, and join the sides with white of egg ; then cut some truffles in fine slices ; season them with salt, pepper, parsley, and chervil ; moisten with a glass of wine and a little stock, and grill or fry your salmis to serve with this sauce. Very good.

*Galantine de Veau.*

Bone a shoulder of veal ; make a forcemeat with part of the meat, and for every pound of veal add a pound of bacon ; chop well together, and then spread

this farce on your boned shoulder, about an inch thick ; on this farce lay some beef tongue (salted), in pieces, and truffles, sliced ; add salt, pepper, grated nutmeg. To marble your galantine, you lay on this another layer of the farce, then a layer of tongue, and truffles. When you have put on all, roll your shoulder lengthways tightly ; skewer it, and cover it with fat bacon, and tie it tightly ; then wrap it up in a linen cloth, and again bind it, so as to give it a good form ; then put it into a stewpan on some slices of fat bacon, some slices of veal, two calves' feet, the bones of the shoulder, six carrots, eight or ten onions, with four cloves, four bay-leaves, a little thyme, some chives and parsley ; moisten with stock, and let it stew three hours. A bottle of good white wine must be added to the stock when it is first put on to stew. When your veal is done enough, take it out, drawing all the liquid from it ; let it cool in the cloth to preserve the shape, and when cold take it off ; pour the gravy through a tamis ; beat two or three eggs, whites and yolks ; add it to the gravy, and put it in a stewpan on a good fire, shaking it about gently till the moment it is about to boil ; then put it on a slower fire to boil half an hour ; pass it through a tamis, or jelly bag, and let it get cold. When you serve your galantine, garnish it with this jelly, cut in long strips and laid across the meat, and different shapes round your dish. This is a handsome supper dish, and good at breakfast.

*Ris de Veau frits.*

Take two large sweetbreads ; put them to blanch



in lukewarm water for an hour; next scald them in boiling water a quarter of an hour; then throw them into cold water; cut each into three pieces; put into a stewpan; put a piece of butter about the size of an egg, mixed with flour, half a glass of vinegar, a glass of water, three cloves, a clove of garlic, two shalots, three or four chives, a little parsley, a laurel-leaf, thyme, basilic, salt, and pepper. Let this sauce warm till the butter is melted, shaking the pan to mix together; take it off the fire, and pour it over your sweetbreads; let them steep an hour and a half or two hours; drain them on a cloth, flour them, and fry a good colour: when done enough, fry some parsley, and serve your sweetbreads garnished with the fried parsley.

You may dress sweetbreads, after preparing the sweetbreads and steeping them, by putting them into buttered paper-cases, with the herbs used in the marinade that they were steeped in; and put them on the cases, on a sheet of oiled paper, to grill for half an hour, or lay them with the seasoning on a dish, and put them in the oven. Squeeze a lemon on them when you serve.

*Ris de Veau aux fines Herbes: another mode.*

Chop fine some fennel, parsley, chives, shalots, and a little garlic, if the flavour is liked; mix the herbs with some butter, salt, and pepper. Blanch three or four sweetbreads; cut them at the bottom, to let the seasoning enter; then put them into a stewpan; cover them with slices of fat bacon, and moisten



them with half a glass of wine, and the same of consommé; stew them on a slow fire till done enough; skim the sauce, and add a spoonful of coulis if you have it.

*Ragoût de Ris de Veau.*

Blanch your sweetbreads; take half a pound of good bacon, cut it into strips, and put it in a stewpan on a slow fire till nearly done; lard your sweetbreads across with the bacon strips; put them into a stewpan with some good stock, a bunch of parsley, chives, half a clove of garlic, two cloves, five or six leaves of tarragon: let them stew half an hour; take them out, and pass the gravy through a tamis, and skim it; then put it on the fire to reduce to a glaze. Add half a glass of stock, and two teaspoonsful of vinegar, or the juice of a lemon; mix it with the remains of glaze in the stewpan; put a bit of butter about the size of a nut, with a pinch of flour mixed with it, and the yolks of two eggs well beaten; stir it into the sauce, but do not let it boil. Serve with the sweetbreads, which were first glazed, with the gravy with which they were stewed.

*Langue de Veau à la Bourgeoise.*

Scald a calf's tongue, skim it, lard it, and put it in a stewpan with some large onions, carrots cut in pieces, a bunch of fine herbs, salt, and pepper; cover it, and let it heat about ten minutes, then add a cup of stock; let it stew five hours on a slow fire; serve it garnished with the carrots and onions; pour your

sauce over it, or serve it with stewed sorrel or chicory. You may also serve it with sauce piquante.

*Tête de Veau à la braise.*

Clean and scald half a calf's head well, then bone it, and stew it in some good stock till tender; season it with salt, pepper, and a little lemon-juice, and serve with good gravy.

*Oreilles de Veau à l'Italienne.*

Take seven or eight calves' ears, carefully clean them, and trim them; cut each in half, but not separate; put in the bottom of a stewpan some slices of bacon, on which place the ears; cover them again with bacon, then oiled paper; stew two hours and a half; drain them, and serve with sauce Italienne. Very good.

Calves' ears may be cut, filled with forcemeat, after being nearly scalded tender; join the ears with skewers, shake bread-crumbs over them, and fry. Serve them with clear gravy.

In Italy they are dressed thus: After being stewed, grate on a plate some Parmesan cheese, moisten with good stock, and let it stew slowly till it adheres to the bottom; place the ears on this; cover with any sauce you please. This hardly suits an English palate, as, to my taste, the cheese does not assimilate with meat.

## MUTTON.

*A Gigot or Leg roasted.*

A clove of garlic put into the handle for two or three days before it is roasted improves the flavour greatly. Marquise, a town in France, is celebrated for mutton, and there it is always done.

*Leg of Mutton à la Marquise.*

The Marquise mutton is some of the best in France. It is a small town between Calais and Boulogne, and in the following mode it is dressed:— Choose a leg about six pounds weight; peel four cloves of garlic; make an incision with the point of a knife in four different parts round the knuckle, and stick the garlic into them. Hang the mutton for two days, and then roast it for an hour and a half by a quick, clear fire. Take a quart of small dried French haricots, wash them well, put them into a stewpan with half a gallon of water, half an ounce of salt, an ounce of butter, and let them simmer three hours, till tender; pour off the liquor into a basin, and keep the haricots hot; peel and cut two large onions into thin slices; put some of the fat of the mutton dripping into a fryingpan, put in the onions, and fry them a light brown; when done enough, add them to the haricots with the fat and gravy the mutton has produced in roasting; season with salt if required, and a little white pepper; toss them a

little, and serve round the mutton, which garnish with a frill of paper round the knuckle. In France they put a silver or tin handle on the knuckle, by which the carver holds the leg and carves the mutton in slices, from the idea of the fork spoiling the meat by making a hole for the gravy to escape. If the mutton is very fat, do not add all the drippings to the haricots. This is a very savoury dish. The mutton may be stewed when a little browning is required, but for English palates it is preferable to roast the meat.

*Leg of Mutton à la Bretonne.*

Take a good leg of mutton, bone it with the exception of the handle; lard it with ten cloves of garlic and as many anchovies, cut in fillets; roast it, and serve with the following sauce:—Boil in several waters some cloves of garlic; when tender, drain and chop them; put them into a stewpan with a few spoonsful of good stock well seasoned, and a bit of butter. Let it not be too thick, and serve round your mutton.

*Gigot à l'Enfante.*

Lard it, and let it steep all night in olive oil, with salt, pepper, and fine herbs; the next day put it into a stewpan with some small sausages and some Portugal onions; moisten with a pint of sherry, and let it stew very gently, keeping the pan closely covered. Have it well done; serve it in its own gravy, adding the juice of two oranges.

*Shoulder of Mutton braised.*

Beat it well and lard it; lay in a braising pan some fat bacon in dice, onions, carrots, salt, and spices; stew the mutton in it; serve it with the gravy, or strew bread-crumbs over it with some yolk of egg well beaten, and add some sliced gherkins; or you may lard it à la Provençale, with four anchovies and pickled gherkins, and braise it as before: add, if you like, artichoke bottoms, and serve with the sauce in which it was braised, skimmed clear.

*A Loin of Mutton à la Gasconne.*

Bone your loin, and season well on the inside with salt, pepper, some parsley, and a few bread-crumbs; roll it up tightly, and bind it well; put it in your stewpan, adding three carrots, four onions, two cloves, a laurel-leaf, some thyme, parsley, and chives, or young onions; add a wine-glassful of good stock, cover it with paper, and let it stew three good hours. At the moment you serve, take off the fillet and glaze the mutton. Serve with the gravy strained.

You can serve under this dish, if you like, chicory, spinach, Jerusalem artichokes, or stewed mushrooms; or lettuces may be placed round, or with onion sauce in the dish, English fashion; or raise the skin and strew bread-crumbs over it, and serve with clear gravy.

*A Breast of Mutton en Carbonnades.*

Raise the skin of the mutton and bone it, cutting

the meat into fillets ; put them into a stewpan, with a few strips of fat bacon ; then put a few slices of ham, lay your carbonnades on them, and cover with fat bacon ; add two carrots cut in slices, four onions sliced, two bay-leaves, a little thyme ; put a ladle-full of stock over it, and cover with a sheet of paper buttered : let it stew slowly three hours, with hot cinders on the cover. When you serve, drain them, glaze them, and put chicory or spinach under them ; if you prefer gravy, strain that in which your meat was stewed, reduce it, and add some thickening — (both methods are very good) : season when done with a little pepper, if liked ; but the French do not use much pepper in their dishes.

*Poitrine de Mouton à la Bourgeoise.*

Half stew your breast of mutton in some thin stock, with some carrots, turnips, onions, and a bit of fat bacon in slices laid over the meat ; take it up, skin it, and remove part of the fat ; baste it with some melted butter and the yolk of an egg ; then shake some grated bread-crumbs over it ; again baste it, and again shake more crumbs over it, with some salt and pepper ; grill it, or put it in a quick oven, and serve with a shalot, or poivrade sauce, which is made thus :—Put a little vinegar into a saucepan with a little stock, an onion cut in slices, a slice of lemon ; season with pepper and salt : when it comes to a boil pass it through the tamis, and serve under the mutton. This is excellent.

*Filets de Mouton en Chevreuil.*

Prepare a dozen mutton cutlets, and lard them ; let them steep three days in vinegar, spices, parsley, and some sliced onion ; then broil them, with a few crumbs shaken over them, and pepper and salt : serve them on a napkin, or with poivrade sauce. To vary this dish, stew your cutlets, and serve with piquante sauce.

*Filets de Mouton à la Périgord.*

Prepare your cutlets by skinning and paring them to the shape you wish ; lard them, and steep them for a day in Madeira, and truffles cut in fine slices ; then put them with the wine and truffles into a stewpan, with a little good stock, and some veal stock : let them stew till done, and the truffles give their flavour to the gravy. Serve them with the truffles neatly arranged round the dish : the gravy must be reduced and thickened. All fillets must be cut from the loin or leg. This is a most *recherché* dish. Any good white wine will answer, for the quantity required does not exceed half a pint, as the fillets must be basted with it.

*Côtelettes de Mouton aux fines Herbes.*

Prepare your cutlets, and flatten them with a rolling-pin ; then lard them across ; put them to stew in a covered stewpan. Take some parsley, chervil, a few morels, shalots, and two anchovies ; chop all together, and fry them a few minutes in butter, to give them a colour ; season with pepper



and salt moderately : place your cutlets in the pan to flavour them ; add a little stock from time to time, to prevent the herbs getting too dry, and serve them as a garnish to your cutlets : the cutlets should be stewed with *a little* stock, and finished in the fryingpan with the herbs.

These cutlets plainly fried in the herbs, or some bread-crumbs seasoned strewed over each, after dipping them in the yolk of an egg well beaten to make the crumbs adhere, can be served on stewed sorrel, or spinach, carrots, turnips ; and all kinds of vegetables may be used with them, and found equally good.

*Côtelettes à la Soubise (very good).*

Take ten cutlets or more, according to your party ; do not pare or shape them, and have a bone in each ; lard them, and season your larding before you use it : stew them in good braise for three or four hours ; when done put them on a tin plate, with another over it, on which you place a weight to make the cutlets a good shape ; when they are cold trim them neatly, and fry them. When you serve them, place them either in a crown or one bone over the other, in a sort of pyramid, with small stewed onions round, and in the middle a purée of onions made as follows :—Blanch some onions in several waters, to take off the strong taste ; then cut them in slices, and stew them in a little veal broth, with salt and pepper ; when done enough rub them through a tamis ; add a bit of white sugar, and serve

hot. This is a very favourite dish, and good if carefully prepared.

Mutton cutlets can also be served with chicory sauce, or turnips, mushrooms, or cucumbers, stewed, and served round, or with a purée of either in place of the onions, prepared in the same manner.

I prefer giving the different ways in which a dish may be dressed than in confusing the cook with different names for the same meat, where the sauce alone is varied.

*Another method.*

Pare and trim your cutlets, beat them, lard them with bacon well-seasoned; fry your cutlets in butter, to render them firm; then put them in a stewpan with some bits of fat bacon, the parings of the cutlets, carrots, onions, bundle of fine herbs: add some stock, and stew slowly two hours. Arrange your cutlets in the form of a crown round a purée of onions, potatoes, or other vegetables. Sometimes put a fried sippet between each cutlet. A purée of sorrel is very good.

*Mouton Côtelettes de Concombre.*

Prepare some cutlets, rather thick; lard them with the lardons well seasoned; fry them in butter lightly, to make them firm on each side; then put them in a stewpan with some slices of fat bacon, a little veal in slices, carrots, onions, fine herbs; moisten with stock, and let it stew slowly three hours; when done, dress them on your dish in a crown, and put cucumbers stewed in gravy round them.

*Côtelettes à la Jardinière.*

Fry your cutlets in butter; after paring and shaping them neatly, add some salt, pepper, and put them in a stewpan with some stock till done enough: serve them with a ragoût of mixed vegetables in the centre. By those who like vegetables this dish will be much approved.

*Another method.*

Stew in some coulis or good stock some kidney-beans, green peas, and all sorts of vegetables, such as carrots, turnips, parsnips, and mushrooms. When they are done enough, put them into a stewpan where you have prepared some flour, browned with butter, to thicken your sauce, and let them stew gently to reduce the sauce. Have your cutlets prepared in another stewpan, with a little butter, and some consommé or stock; dress your cutlets round your dish, and pour your ragoût of vegetables in the middle.

*Gigot de Mouton aux Morilles.*

Lard your leg of mutton with shalots and anchovies, roast it nicely, and serve with sauce made with a little stock, some morels, capers, spices; and thicken with bread-crumbs, moistened and rubbed through a tamis. Serve under the mutton.

*(Leg.) Gigot braisé.*

Take away half the bone of the handle; season it with bacon, pepper, thyme, and bay-leaf; stuff your gigot at the handle with this seasoning, and

bind it with twine, so as to preserve its shape. Put a layer of bacon at the bottom of your stewpan, four carrots, six onions, three bay-leaves, some thyme, three cloves, a bunch of parsley and chives, and a wineglass of stock ; cover your gigot with slices of fat bacon, put a buttered paper over it, and let it stew seven hours, with fire on the lid of the stewpan and fire beneath. At the moment of serving remove the twine, and serve with the gravy in which it was stewed, thickened with browned flour.

*Gigot à l'Eau.*

This is dressed in the same manner as the braisé, only moistening it with water in place of stock, and seasoning with salt, three shalots or garlic, three carrots, and four onions. Replace the bacon with butter.

*Haricot of Mutton.*

Cut a neck or loin of mutton into pieces ; brown them in butter, on a quick fire ; when a nice colour, drain them. Peel or scrape some turnips, and cut them in pieces ; if they are large, brown them in the fat of your mutton ; drain them ; put your meat into a stewpan with salt, pepper, bundle of herbs, onions, cloves, bay-leaf ; moisten with stock ; put in your turnips and some carrots, cut in fillets or slices, and stew slowly. When three parts done, skim off the grease and thicken with flour, browned in butter ; then stew till quite done. Serve your haricot with the vegetables round it.

*Breast of Mutton à la Conti.*

Pare your mutton neatly, and take off the skin ; take some bacon cut for larding, two anchovies well washed ; cut them in pieces for larding ; and roll them in pepper, two shalots, parsley, and chives, chopped fine as powder ; also a bay-leaf, some tarragon, and basilic ; lard your meat with the bacon and anchovies ; put in the meat with the fine herbs ; add a glass of wine and the same quantity of stock, and let it stew slowly. When done enough skim your sauce, and add about the size of a nut of butter mixed with flour. Let it stew a short time, and serve.

*Mutton Cutlets sautées.*

Fry your cutlets with butter : when they are done enough take the fat that is in your pan, add some spoonsful of stock, shalots, fine herbs chopped, salt, and pepper ; give all a boil together : pour over your cutlets, and garnish with sliced gherkins.

*Cutlets au Gratin.*

Take some cutlets neatly trimmed ; put them in a stewpan, with butter, parsley, chives, two shalots, chopped fine ; add some stock seasoned with pepper and salt ; when done enough, skim the sauce. Take the pan in which you have dressed your cutlets, cover it with bread-crumbs mixed with butter, three yolks of eggs, parsley, chives, chopped very fine, and a little salt ; put your pan on the hot cinders or quick

fire until the gratin adheres to the bottom of the pan: if you have too much grease, drain it off and serve the bread-crumbs (gratin) under your ragoût of cutlets.

*Mutton Cutlets à l'Italienne.*

Fry your cutlets in butter, and add some stock and a little water; put a spoonful of flour, which you have first mixed with a little water, a shalot or clove of garlic, some chopped parsley, and mushrooms cut into pieces. Let them stew altogether three-quarters of an hour, and add some lemon-juice. The moment before you serve add some yolks of eggs, well beaten.

*Shoulder of Mutton à la Sainte-Menehoulde.*

Bone a shoulder of mutton and stew it with a little stock, a bundle of parsley, some chives, a clove of garlic, two cloves, a bay-leaf, some thyme, onions, a carrot, turnip, salt, and pepper; when the shoulder is done enough, take it out of the stewpan and dish it: put under it some coulis well seasoned, if you have any; if not, make your gravy from the sauce which you dressed your meat in; shake grated bread-crumbs over it; then moisten it with the yolks of three eggs well beaten; again shake crumbs over it, and put it in the oven to brown: then serve with the hot sauce.

*Mutton Cutlets en Chevreuil.*

Prepare a dozen small cutlets and lard them;

let them steep three or four days in vinegar, with spices, parsley in bunches, and slices of onion ; take them out of the pickle at the moment you dress them ; put them in a stewpan with some flour browned in butter ; moisten with a little stock, and stew them. They must be a good colour.

*Fillet of Mutton en Paupiettes.*

Cut your fillet into slices the entire round ; flatten them, and put on each a layer of forcemeat made of dressed chicken, beef suet, parsley, chives, mushrooms, all chopped fine together, with salt, pepper, and four yolks of eggs. Roll them, and roast them on a small spit, wrapped in slices of bacon and paper. Serve with a good sauce.

*Fillet of Mutton en Braisolles.*

Take a fillet and cut it into very thin, small pieces ; put the meat, by layers, into your stewpan with parsley, chives, mushrooms, chopped small, and seasoned with pepper and salt, and a bit of butter ; stew very slowly till the meat is done ; add a little stock to moisten it, and serve.

*Sheep's Tongues en Papillotes.*

Boil your tongues in stock ; when they are done enough, divide each in two and let them cool. Mix some fine herbs with butter, and season with pepper and spices ; wrap up each piece, after covering it with the seasoning, in a buttered paper ; broil or fry them, and serve them hot in the papers.



*Sheep's Tongues braisées.*

Take some tongues and scald them half an hour; then take them up and drain them; when dry, lard them. Let the tongues stew five or six hours in good gravy; skin them, then put them in again to stew for a short time till hot; glaze them, and serve with sauce poivrade.

*Sheep's Tails braisées.*

Put your sheep's tails into a stewpan with slices of bacon, some bits of veal, or any other meat parings, carrots, onions, bunch of sweet herbs, celery, salt, and pepper; moisten with stock, and stew them slowly for four hours. When your sheep's tails are done enough reduce your sauce to a glaze, and glaze your tails, which you serve on a purée of vegetables, as ragoût of cabbage, chicorée, or sorrel.

*Sheep's Tails fried.*

When your sheep's tails have been stewed tender in stock let them get cold; have some grated bread-crumbs, and strew them over the tails; then moisten them with the yolks of eggs; then again shake crumbs over them; fry, and serve with fried parsley. The tails may, in like manner, be broiled, and served with sauce piquante or sauce tartare.

*Mutton Kidneys à la Brochette.*

Take your kidneys and steep them five minutes in cold water; when cleaned from the skin put a wooden skewer through each, after having split each

in half; moisten them with melted butter, and strew bread-crumbs over them, seasoned with pepper and salt; broil them, turning them carefully. When done enough take out the skewers, put them on a hot dish, and on each put about the size of a nut of cold butter mixed with fine herbs. Serve hot. If you have silver skewers, let them remain in.

*Mutton Kidneys with Champagne.*

After having skinned your kidneys, mince them, and put them in a pan with a piece of butter the size of an egg for two kidneys; season them with salt, pepper, nutmeg, chopped parsley, and mushrooms; fry them on a quick fire; when they are done enough add a spoonful of flour and a glass of champagne, or good white wine if champagne is not convenient, will answer; stir them gently (but do not let them boil) on the fire; at the moment of serving them add another piece of cold butter, about the size of a nut, and the juice of a lemon. Serve hot, with the sauce in which the kidneys were done.

*Sheep's Trotters à la Poulette.*

The trotters must be well scalded: bone them to the joint, and clean them well; stew them in milk for four hours; cut each trotter in three pieces, and take out any detached bone; stew them in butter, flour, fine herbs, and mushrooms; moisten them with stock; add, just before you serve, the yolks of two eggs beaten with a spoonful of milk, and the juice of a lemon.

*Sheep's Trotters en Marinade.*

The trotters having been boiled in water, steep them a day in vinegar with pepper and salt; drain them, and moisten with the yolk of an egg beaten; shake bread-crumbs over them, and fry them a good colour.

*Minced Mutton.*

Mince some dressed mutton that remains from a former dinner; brown some flour in butter, add a spoonful of vinegar, and add to your thickening some stock; boil it, and then put in your mince, with sliced gherkins, shalots, and chives chopped fine; let your meat warm but not boil, or it will be hard, and serve with sippets of bread browned. You may add, to vary the mince, onions, chicorée, and cucumbers chopped fine and stewed to a purée, which serve in the middle of the mince.

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LAMB.

*Epigrammes d'Agneau.*

Take a fore-quarter, raise the shoulder, and roast it; cut the neck into six cutlets; braise the breast, and when cold cut it into six pieces; strew bread-crumbs over them, after dipping them into egg beaten, and grill them; fry the other six cutlets; mince the shoulder with some mushrooms, and stew it in good white sauce, well seasoned, till done

enough ; serve the cutlets and the grilled neck with some fried sippets of bread alternately round the dish, and pour the braised shoulder into the middle.

*Another Method, still better.*

Raise the shoulder as before, and lard it ; then braise it in good stock, having a fire above on the cover, as well as below your pan. Prepare your cutlets as before, in the other receipt. When done, arrange your cutlets round your dish, as above, and have a ragoût of asparagus ; to which you add the yolks of two well-beaten eggs. Let it warm after the egg is added, but on no account let it boil. Pour this ragoût into the middle of your cutlets, taking care not to let any of the ragoût go on the cutlets, or it will spoil the appearance of them ; and place the shoulder, well glazed, on the centre. This looks and eats well.

*Rosbef d'Agneau.*

Take half the back of a lamb ; cut the saddle and lard it ; let it roast two hours ; then serve. If you do not lard it, cover your *rosbef* with slices of fat bacon, and wrap paper, buttered, over that. Take off this for a quarter of an hour before you serve it ; and, if you like, glaze it. Serve this with clear gravy.

*Tête d'Agneau à la Bourgeoise.*

Take the head, liver, heart, lights, and feet. Take out the teeth and the muzzle ; scald it, and the

other parts also ; then cut the liver, heart, and feet, in pieces ; stew them with the head in good broth, with a bouquet of fine herbs, parsley, bay-leaf, and an onion or chives ; when nearly done, take up the head, and cover it with the yolks of two eggs well beaten, and strew bread-crumbs over it ; then either put it in an oven to brown, or pass a hot salamander over it ; pour the mince into the dish ; garnish with the feet ; place the head in the middle ; serve the following sauce in a boat, to eat with it :—Take a little good stock, a spoonful of vinegar, the same of oil, some salt and pepper to taste, parsley, chives, and tarra-gon, chopped : let the sauce come nearly to a boil, but not quite, or it will spoil.

*Oreilles d'Agneau farci, frites.*

Take a dozen of lambs' ears ; scald them to whiten them, and wipe them dry with a cloth ; let them boil in milk and water ; drain them, and fill each ear with some forcemeat made with chicken or veal dressed, &c. ; tie them into shape and skewer them tight ; dip each in butter, and shake grated bread-crumbs over each ; then beat some yolks of eggs with salt and pepper ; moisten each with this, and again shake crumbs over them ; put them into some boiling lard in a fryingpan ; let them take a good colour ; then take off the string and skewers. and serve them on fried parsley.

*Pieds d'Agneau à la Poulette.*

Make a stock with a quarter of a pound of beef

suet, moistened with half a wine-glass of water ; when the suet is melted, add a spoonful of flour, and moisten with some boiling water and half a glass of vinegar ; add some onions, carrots, and fine herbs ; let the feet stew in this slowly five or six hours, then drain them, and shape them a good form.

Melt a piece of butter in a stewpan, and add two shalots chopped fine, and a spoonful of flour ; moisten, before it takes a colour, with some stock, and add a little fried parsley : when the sauce is ready, add to it the lambs' feet and two yolks of eggs, well beaten with some vinegar ; but only let the sauce warm after the eggs are added, lest it curdle.

A galantine of lamb can be prepared like a galantine of veal, or turkey.

Lamb cutlets may be dressed en papillote, thus : cover the cutlets with the beaten yolks of eggs, seasoned with salt, pepper, parsley, chives, and a little butter ; dip them in bread-crumbs, and wrap each in buttered papers ; broil them on a gridiron, and serve in the papers, nicely arranged round your dish.

You may also serve them with a good brown sauce, sauce piquante, or tomato sauce, served under them.

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## KID.

Kid can be dressed in the same manner as lamb ; it is not usually eaten in England, but on the Conti-

ment is constantly dressed. Plain roasts I do not give directions for, unless when there is a manifest difference to the English mode.

*Blanquette d'Agneau.*

Put in a stewpan the remains of a leg or shoulder of cold roast lamb, after having minced it and removed the skin; fry in butter some mushrooms, also minced; when the butter turns to oil add a spoonful of flour and the same of stock, with a bay-leaf, some parsley, and chives; when well mixed add your lamb, and strain the sauce at the moment of serving; add the yolks of two eggs, well beaten with a spoonful of milk; season to taste with white pepper, salt, and nutmeg.

*Lamb Cutlets.*

Set your cutlets in butter, taking care they do not burn; take them out, let the butter cool; mix it with the yolks of two eggs beaten well; moisten your cutlets, shake bread-crumbs over them, and boil them on a slow fire. Serve with gravy and the juice of a lemon.

*Lamb's Feet au Gratin.*

Stew in a good braise a dozen feet and twenty small onions; make a gratin with some bread-crumbs, a little grated cheese, a bit of butter, three yolks of eggs well beaten; mix all together, and spread it at the bottom of the dish on which you serve the feet; put the dish on hot cinders or in the



oven till the gratin adheres a little to the dish ; place your lamb's feet on the top, intermixed with the onions, and serve with a good sauce piquante.

*Epigramme of Lamb.*

Take a quarter of a lamb, and cut it in three parts, the ribs, the shoulder, and the breast ; roast the shoulder, and prepare a blanquette ; stew your neck in good stock, bone it, and flatten it between two saucepan lids till it gets cold, and cut it in cutlets ; moisten these in sauce or the yolk of an egg ; shake bread-crumbs over it, and fry them after being seasoned with pepper and salt.

Fry the cutlets in butter ; arrange them round the dish alternately with the stewed pieces of the breast, and put the blanquette in the middle. This triple dish must be all hot.

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PORK.

*A Boar's Head.*

After having scalded and cleaned a pig's head, take out the tongue and cut off the ears ; take out the bones carefully, so as not to tear the skin ; lard all the inside of the meat with bacon seasoned with pepper, spices, parsley, chives, garlic, and mushrooms, all chopped fine ; wrap up the head in a linen binder, and sew it so as to preserve the natural form ; stew it, moistening it with stock and some

water, adding a bunch of fine herbs, onions, carrots, turnips, salt, pepper, three cloves of garlic, six cloves, half a nutmeg grated, thyme, bay-leaf, and basilic ; when it is done enough, let it cool in the liquor ; when cold, take it out, remove the binder, and serve garnished with parsley.

### *Fillet of Pork.*

Lard it one side, put it in a marinade of vinegar, or, what is still better, some white wine with a little brandy, salt, pepper, cloves, onions, parsley, chives, and fine herbs ; let it steep three or four hours, basting it occasionally with the marinade : then put your pork on the spit, wrap it up in oiled or buttered paper ; roast it, take off the paper a quarter of an hour before you serve it, to take a good colour, and send it to table with a sauce piquante.

### *Pork Cutlets.*

Cut and pare your cutlets, so as not to leave much fat on them ; after flattening them, broil, and serve them with either sauce Robert or tomato sauce.

### *Pork Kidneys au Vin blanc.*

Put about an ounce of butter in a stewpan, which you must place on a quick fire ; mince your kidneys and put them in the pan, with onions cut in slices, salt, pepper, grated nutmeg, shalots, and parsley chopped ; when the kidney is done enough, add a spoonful of flour and stir it into your mince ; add a glass of white wine, and let your ragoût warm, but not boil.

*Pigs' Feet à la Sainte-Menehoulde.*

Cut each foot in two, after cleaning them well ; place the two pieces one against the other, and a slice of bacon between ; wrap each foot separately with a linen binder tightly, and tie it at the two ends ; put it into a marinade made with water, salt, bunch of sweet herbs, two cloves of garlic, thyme, bay-leaf, carrots, onions, and half a bottle of white wine ; let it stew slowly, for six hours at least, then take them off ; when the feet are half cold take off the binders, moisten the feet with oil, strew a few bread-crumbs over them, and fry to a pale brown. Serve without sauce, garnished with parsley.

*To cook a Ham.*

Clean your ham without skinning it ; let it steep a few hours in cold water to soften it ; wrap it up in a cloth, and put it in a deep kettle on a layer of small hay, to prevent its burning, with thyme, bay-leaf, a large bundle of fine herbs, a dozen of onions, four or five cloves, and a little saltpetre to improve the colour of the ham ; moisten with water, and add a bottle of red or white wine, if you like, as it improves the flavour, but is not necessary : let it simmer gently five or six hours on a slow fire ; when done enough take your kettle off the fire, and let the ham cool in the liquor ; when cold, take off the linen, skin it, taking care not to injure the fat, and garnish with parsley and cut paper.

*Pigs' Pudding.*

Boil an onion chopped, with a little water and

some pig's fat ; when it is well done and reduced, put three quarts of the blood ; add a quart of cream, and some fat cut in slices ; season with salt, pepper, and spices ; mix all together with the onion, and fill your skins, after being well cleaned, and without holes in them. You must not fill them too full, or they will burst, as the meat swells. Skewer the two ends of the skin ; put your puddings into a pan of boiling water ; let them boil a quarter of an hour. To make sure of their being done enough, prick them with a needle ; if there is no blood appearing, they are done sufficiently.

#### *White Pudding.*

Stew some onions chopped in small slices with some fat pounded in a mortar ; add the crumb of white bread boiled in milk ; pound the meat of a fowl that has been boiled, which you mix with the rest : you must have equal quantities of the meat of the fowl, bread, and fat. Pound all together, to mix the ingredients ; add a pint of good cream, six yolks of eggs well beaten, salt, and spices : when all is well mixed fill your skins with the mixture, but leave room for it to swell by not filling them too full ; tie them firmly, and boil them till done : the water must be boiling when you put them in. When you use them, put them in paper cases and broil them.

#### *Sausages.*

Take the pork, which must have more fat than lean ; chop it fine, also parsley and chives chopped

fine, pepper, salt, and spices ; put the whole when well mixed into the gut of pork or veal, tie the ends, and broil them. You can vary the flavour of your sausages by truffles or mushrooms chopped fine, and put instead of the onions.

*Sausages with Apples.*

Fry a dozen of long sausages in butter, take them off when they are done enough, and keep them hot till you have prepared the apples ; take five or six baking-apples that are acid, peel them, and take out the core ; cut them in round slices, and fry them in the same butter in which the sausages were dressed ; when done enough put the apples on your dish, alternately with the sausages, and serve. This is a dish, I think, hardly suited to an English palate, but I would advise a trial, as it is very piquante.

*(Italian cheese); Pork Liver Cake.*

Take two pounds of pork liver, chop it very fine, with a pound and a half of the fat of pork ; add a shalot, an onion, a clove of garlic, a bay-leaf, a little thyme, some mushrooms, all chopped fine ; season with salt and spices. When well mixed, butter a mould, press your ingredients well in, moistened a little with butter, and put it into an oven for two hours ; when cold, turn it out. This is a savoury dish.

*Oreilles de Porc grillées.*

Salt lightly for two days some pigs' ears ; wash

them well, and stew them in good stock, with pepper, salt, coriander seeds, tarragon, some fat bacon, and half a glass of white wine; when done enough, take them off, and let them cool; divide them in two, and dip each in butter; shake bread-crumbs over each, and grill them till a nice colour.

*Oreilles à la Vénitienne.*

Let them stew till done enough in stock, with some sage and tarragon; when done enough, take them out and let them cool; rub them over with lard; rub bread-crumbs over them, mixed with Parmesan cheese, and put them into an oven to brown.

I have given this receipt because it is a novelty, but I do not think it will suit the English palate; at least, I do not like the mixture of cheese with the meat.

*Oreilles farcis (very good).*

Let your ears be stewed in good stock, and put the following farce into each, after cutting them open:—Take some bacon, a little veal, some fine herbs, and a few bread-crumbs dipped in cream; add a little chicken, or turkey, or game, all mixed as fine as possible, seasoned with salt, pepper, and nutmeg, and fill each ear with the forcemeat and a slice of fat bacon; round the farce; tie up your ears in a nice form; shake grated bread-crumbs over them; put them on skewers, and roast them, basting them with their own gravy, or put them in an oven till done enough.

This is a very good dish : you must serve them on fried parsley.

*Pieds de Cochon aux Truffles.*

Cut the feet in two ; let them stew in a pan with some thyme, parsley, bay-leaf, carrots, and onions, some cloves, chives, a little stock, half a bottle of white wine ; when done enough, let them get cool ; bone them ; make a farce with some cold roast chicken minced fine, some bread-crumbs moistened with stock ; mix three yolks of eggs, some truffles chopped fine, a little mixed spice, salt, pepper, and some cream : when your farce is finished, add some truffles cut in slices, and fill the place from whence the bones are taken with the forcemeat ; then wrap up each foot in the skin of pork or veal, to preserve the form of the feet ; dip them in butter ; shake bread-crumbs over, and grill them : twenty minutes will be time enough ; turn them carefully ; put them on your dish without sauce, and garnish with parsley fried crisp. This is excellent.

Pigs' feet are sometimes served with sauce piquante, as those sauces in which vinegar, orange-juice, or lemon-juice predominate, are best with pigs' feet.

*Filets de Cochon.*

Cut some nice fillets of pork ; flatten them with a rolling-pin ; fry them in butter, to get a good colour ; then put them into a stewpan, with a glass of good stock, half a glass of white wine, salt, pepper,



spice, and two laurel-leaves; let them stew in a covered pan until done enough, and serve with the sauce in which the fillets were dressed, strained, or sauce piquante.

### *Ham en Braise.*

After steeping your ham for twenty-four hours, changing the water occasionally, put it into a pan, not too large, with a very small quantity of water, that it might not lose its juice when boiling; add some sage, parsley, and tarragon; when three-quarters done, pour over it a bottle of champagne or white burgundy; let it simmer gently, and when it is well done and tender, take it out, raise the skin, grate bread-crumbs over the top, which pass a hot salamander over, and serve it with some consommé, and garnish with cauliflowers nicely cut, or stewed sorrel.

I have tried in my own kitchen a ham three-parts boiled, as before, substituting vin ordinaire or picardin for the champagne, and finishing by baking, basting it well with wine: serve without gravy and garnished with roses cut out of carrots and turnips.

### *Blanquettes de Cochon de Lait (Roasting Pig).*

Cut up the remains of a roasted pig; put in a stewpan a bit of butter; when melted, add a pinch of shalot, chopped fine, and a spoonful of flour; add some pale stock to moisten it, and season with salt, pepper, nutmeg, parsley, and chives, chopped fine; let this sauce stew till partly reduced; put in your

meat, and serve hot. Or you can make a white sauce, the same as for chicken, and pour over the meat.

*Cochon aux petits Pois.*

Cut up your pig in quarters, and lay them in a stewpan on slices of fat bacon, with some carrots, turnips, parsley, sage, bay-leaf, salt, and pepper; after a short time add some stock, about a pint, and the same quantity of white wine, and let it stew slowly five or six hours; serve them glazed with their own jelly. Have some green peas ready, stewed in some of the liquor with which the pig was dressed, and use it as a garnish round the pig, with truffles.

*Collar (Pork-Cheese); Fromage de Cochon.*

Take a pig's head; bone it well; raise the meat, fat and lean, which you chop fine; do the same with the ears. Season the whole with fine salt, pepper, thyme, bay-leaf, basilic, cloves, and grated nutmeg, two cloves of garlic, four shalots chopped, and a handful of parsley-leaves. Put the skin of the head in a round stewpan; arrange in it your meat, arranging alternately fat and lean, and strewing in your parsley. Sew the skin tightly, bind it tightly with a linen binder, and skewer it into form. Put your collar into a saucepan that will just hold it, and let it stew six hours, with a bottle of white wine, some stock, onions, carrots, turnips, thyme, bay-leaf, basilic, a clove of garlic, salt, and spices, with pepper. When done enough, let it cool in its liquor; when cold, take off the binder and garnish with parsley.

*The celebrated Beauvilliers' Receipt to give Pork the appearance and taste of Wild Boar.*

Put in a marinade for eight days the pork. Make your marinade as follows: Vinegar and water in equal quantities, slices of onions, cloves of garlic cut in two, juniper-berries, salt, pepper, cloves, nutmeg, ginger, some bunches of mint, and a branch of nut-tree. To succeed perfectly, the pork must be young.

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GAME.

*A Quarter of Kid roasted.*

Raise the skin; lard it, and put it in a marinade as the pork, but leaving out the mint and nut-leaves. Let it remain eight days; then drain it; wrap it up in paper oiled; roast it, and serve with sauce poivrade.

*Kid Cutlets.*

Prepare your cutlets; lard them; put them in the same marinade as before for a day, and stew them gently with two spoonsful of stock, onions, bunch of herbs, and carrot sliced. When done enough, glaze them, and serve with either sauce poivrade or piquante.

*Leveret roasted.*

Lard all the fleshy parts, and roast about an hour, basting it often. The sauce is made with the

liver pounded, which stew with a bit of butter and some shalots chopped fine ; moisten with a glass of wine, and the same of stock : add pepper, salt, vinegar, and the blood of the hare, which you must save. Usually the hinder part is only roasted, the shoulder part being made into a civet ; but where game is plentiful the whole is roasted.

*Civet of Hare à la Bourgeoise.*

After having cleaned your hare, cut it into pieces, saving the blood. Melt in a stewpan a piece of butter, add some flour, and when well mixed put in your hare. with some fat bacon cut into slices, a bundle of fine herbs, mushrooms, artichoke bottoms, and small onions fried in butter ; some pepper and salt : add a glass of white wine and some stock. When done enough skim your sauce, and add the liver crushed, and the blood of the animal.

*Hare au Chauderon.*

Take a hare, and prepare it as for a civet. Put the blood you have saved with the hare into a stewpan, with a quarter of a pound of bacon cut into pieces, a bundle of fine herbs, an onion, salt, pepper, a bottle and a half of strong red wine ; hang the stewpan over a clear wood fire, which must flame round the pan till the wine catches fire. When it ceases to burn, roll lightly a quarter of a pound of butter in flour, and add it to your hare : let it stew half an hour, and serve. This is very good if well prepared.

A hare is sometimes put in the marinade, the

same as for kid, for six hours ; then roasted, and served with liver sauce prepared in the same manner as for the roast.

### *Pâté de Lièvre.*

Clean and bone your hare, saving the blood. Cut it into pieces, and lard each piece ; put the meat into a small round saucepan, with salt, pepper, parsley, garlic, chives finely chopped, half a glass of brandy, and a bit of butter. Let it stew slowly. When your sauce is nearly dry put in the blood ; warm it without boiling ; then arrange your hare so as to be one piece, and serve cold.

There is another method, which, to my taste, is better and prettier ; which is, to pound the hare separately, and some fat bacon separately also, then mix together ; and after seasoning put it into a mould, pouring over it a glass of red wine and some melted butter. Put it in a saucepan of boiling water ; keep the water boiling half the height of your mould ; or tie a cloth over it, as you would a pudding ; let it boil an hour ; then let it get nearly cold in the mould, and turn it out ; garnish, when you serve, with aspic and green parsley.

### *Fried Hare.*

Cut your hare in pieces ; fry them in butter till they are a good brown ; season them with pepper, salt, chopped parsley, and chives, with a little flour ; add half a glass of stock and a spoonful of vinegar, or the juice of a lemon. Serve.

*Rabbits en Gibelotte.*

After cleaning well, cut your rabbits in pieces. Put in a fryingpan a quarter of a pound of fresh butter ; put in some slices of fat bacon, which you must take out when they have flavoured the butter ; then put in your rabbit, with a spoonful of flour ; when browned put it into a stewpan with the fat bacon, some small onions, mushrooms, a bundle of fine herbs, some salt and pepper ; add half a pint of red wine, and some stock ; then let it stew slowly till the sauce is reduced ; skim it clear, take out the fine herbs, and serve. The wine is not absolutely necessary for a gibelotte, as water and a spoonful of vinegar may be used instead.

*Rabbits en Papillotes.*

Take two young rabbits ; put them in a marinade for three or four hours, of oil with chopped parsley, chives, a clove of garlic, some mushrooms, pepper, and salt. Spread some of this seasoning and a strip of bacon on each piece ; wrap them separately in buttered paper : broil, and serve in the papers.

Pheasants are roasted as in England.

Partridges are roasted in the English mode also ; therefore it is unnecessary to give rules.

*Partridge, stuffed and roasted.*

Make a forcemeat of the partridge liver with some grated ham, parsley, chives chopped, some salt ; stuff the insides with this farce. Sew up the opening, put them on the spit with slices of bacon,

and wrap buttered paper round them. Serve with gravy.

*Perdrix aux Choux.*

After picking and trussing your partridges, put them in the bottom of a saucepan on a layer of fat bacon and a sausage; cover them with bacon; add some onions, a carrot, a bundle of fine herbs, and two cloves. Put a white cabbage to stew in a saucepan with three-quarters of a pound of salt pork and water, and two spoonsful of fat. When your cabbage is half done, take it out, drain it, and put it to your partridges; cover the whole with the bacon, and a piece of paper buttered; moisten with two spoonsful of stock, and let it stew slowly two hours. When you serve, squeeze the cabbage, drain the partridges, and put them on your dish, with the cabbage round them, intermixed with the pork and sausage sliced in small pieces. Add a sauce made with a little stock and the gravy the partridge was stewed in; thicken it with flour browned in butter.

*Salmi of Partridge.*

Put in a stewpan a morsel of butter mixed with flour, melt it without browning: add two shalots, a bundle of fine herbs, pepper, and salt. Moisten with half a glass of white wine, and the same of stock. Cut up your partridges, which should first be roasted; warm them in the sauce without boiling; take them out when done enough, and serve them on slices of bread fried; pour the sauce under them after taking out the herbs and shalots.



Salmis can be made of woodcock and every other game. Woodcocks are served as in England, roasted.

### *Quails.*

Quails are roasted wrapped in vine-leaves, and then fat bacon. They can be stewed with slices of veal, a bundle of fine herbs, slices of bacon, a little butter, salt, a glass of white wine, and a little stock. Stew them slowly. When done enough, take them out, and add to the sauce in which they were cooked a little coulis; pour your gravy through a tamis, and serve under the quails. You can serve with them crawfish, or sweetbreads stewed with the quails.

### *Larks.*

Larks are roasted, plain or larded, served on toast like quails, or in salmis, or fine herbs en matelote.

### *Etuvée of Larks.*

Put in a saucepan some butter mixed with flour. When it is brown put in your larks, with little onions and mushrooms; moisten with a glass of wine, and the same quantity of stock; add a bundle of fine herbs, some chives, bay-leaf, cloves. When the larks are done take them out, and place them on fried sippets of bread. Strain your sauce, and serve.

### *Snipe.*

Snipes are dressed as in England.

## POULTRY.

*Ducks aux Navets.*

When you have cleaned and trussed your ducks prepare a *roux* (some flour fried in butter); put in the duck with three spoonsful of stock, well seasoned, with a bay-leaf; let it stew quickly till it nearly boils. Fry some turnips in butter, drain them, and add them to your duck when it is three-parts done; then finish slowly : skim the sauce, and serve.

*Duck and Olives.*

Prepare your duck, but give it a short, round form; rub the stomach with lemon-juice, and brown it in a pan with butter; when it has taken a good colour add some stock; when nearly done scald some olives, stone them without breaking the olive, or leave the stones if you are not skilful in taking them out; throw your olives into the sauce in which the duck was cooked, and serve the duck with the olives round it.

*Roast Goose : French mode.*

A goose requires two hours to cook it: stuff it with the following farce. Take a hundred chestnuts; put them on the fire in a poêle with holes; after having taken off the first skin, put them again in the poêle till you can remove the second skin. If you have not a poêle put the chestnuts into boiling water, to remove the second skin. Chop half the

chestnuts, and put them in a stewpan, with half a pound of sausage-meat, the goose-liver chopped, a morsel of butter, some parsley, chives, shalot, and a clove of garlic finely chopped. Put this farce on the fire for a quarter of an hour; then stuff the goose with it and roast. Prepare the rest of the chestnuts in the following manner: put them in a stewpan with half a glass of white wine, two spoonsful of coulis, or stock, some salt; when done enough, serve round the goose, or on a separate dish.

*Goose en Daube.*

You generally use a goose en daube that is not tender enough to roast plain. When you have trussed it, lard it well with bacon, rolled in parsley, chives, two shalots, thyme, bay-leaf, basilic chopped fine, salt, pepper, and grated nutmeg; put some of the stuffing inside the goose; then put it into a stewpan that just holds it, with two glasses full of water, two glasses of wine, half a glass of brandy; add some salt and pepper; cover the stewpan closely, and let it stew four hours. When done enough, skim the sauce, which ought to be in jelly. Serve hot, or cold glaze all the sauce.

*Canards à la Braise.*

Take two young ducks, and lard them; place them in a stewpan, in which you have placed a slice of ham, some little onions, salt and pepper, bay-leaf, and a glass of bouillon; close your stewpan, and let it stew closely. Serve it with the usual gravy.

If you desire to vary the dressing, you can add morels, capers, artichoke bottoms, or Jerusalem artichokes, sliced separately, with a little consommé and jus de veau.

*Canards aux Olives. Second Receipt.*

Prepare the ducks as in the former receipt; then choose some good olives, wash them several times to purify them, let them steep a whole night in water that boils when you put them in; then add them to the ducks, with half a glass of good stock and two slices of lemon. Let them stew with the ducks; when done enough, strain clear, and serve very hot.

*Canards au Père Douillet.*

Take two young ducks; pick, singe, and truss them; lard them; make a farce with the meat of a fowl, chopped fine with its liver, two sausages, a little ham, and five or six truffles, dressed in red wine; chop all and mix together with the yolks of two eggs; fill the bodies of your ducks with this farce, strewing some coriander seed in powder and some slices of lemon cleared of the white skin; sew up the opening and roast them; baste them with their own gravy, and serve with the same. Very good.

*Canards aux Truffles.*

After trussing your ducks, fill them with a farce made of the breast of cold chicken, fat liver, and bacon; prepare two dozen of truffles, chop some of

them, and add them to your farce; put the white truffles in the stewpan with the forcemeat, add salt, pepper, a bay-leaf, and let all stew on a slow fire twenty minutes; let it grow cold and fill your ducks with it; then sew up the opening, wrap them up in buttered paper, and roast them, basting them with their own gravy, and serve with the same gravy.

A turkey can be dressed in the same manner, only stuffing it two days before you use it; and when you roast it, put some slices of bacon on the breast, and wrap it up in buttered paper; let it roast two hours. A little before it is served, take off the paper to let it get a good colour. Serve it with its own gravy, or prepare a sauce with truffles cut in slices and dressed in some of the gravy of the turkey.

#### *Dindon aux Légumes.*

Prepare your turkey as if for roasting; wrap round it some slices of bacon, and let it be dressed a pale colour; then prepare a purée of chicory, celery, cucumbers, or turnips; put your roast turkey into it to give the purée a good flavour, and serve; or have either of the above vegetables stewed, and serve around the turkey.

#### *Pigeons farcis.*

Prepare some young fine pigeons, and fill them with a farce made as follows:—Take some cold chicken, sweetbread, some pounded bacon, and some

truffles ; chop well together, season with pepper and salt, mix with the yolks of two eggs, and sew up the pigeon ; put them to brown in butter for a quarter of an hour in a stewpan ; then let them stew slowly in the same stewpan, closely covered ; sprinkle some salt over them when you serve.

*Pigeons à la Provençale.*

Prepare your pigeons as if for roasting ; lard them with anchovies, brown them in olive oil, with two dozen of small onions, a clove of garlic, and a bunch of chervil ; moisten with two glasses of bouillon and two glasses of champagne ; let them stew slowly ; when nearly done, add five or six small sausages, or forcemeat balls, and the juice of a lemon. Skim clear, and serve. Delicious.

*Pigeons en Salmis.*

When you have any cold whole roast pigeons, or with only a wing taken off, cut them up, and put them into a stewpan with a little veal, some slices of ham, five or six carrots, and an old partridge ; let all stew till it begins to stick to the pan ; then add some champagne and some good consommé, with a little jus de veau ; let it reduce on a slow fire in a stewpan well covered ; add salt, pepper, and bay-leaf, and serve with the reduced sauce. In the season you may add a garniture of truffles, morels, and slices of lemon.

Pheasant and woodcocks make good salmis prepared like partridge salmis.

*Terrine des Bécassines.*

Prepare your snipe as if for roasting; make farce with all you take out of the stomach, some pounded bacon, butter, fine herbs, and anchovies; brown them in a pan; then put them in a stewpan, after lining the bottom with slices of veal and some bacon; moisten them with a glass of consommé and half a glass of white wine; close hermetically the stewpan, and let the snipe stew slowly four or five hours, taking care all sides are equally done; place them on your dish, and pass the gravy through a tamis, after having skimmed it clear. Serve with the snipe. Delicious.

*Perdreaux aux Truffles.*

Cut some truffles in small pieces, fry them in batter, with salt, pepper, two cloves, and some grated nutmeg; pound some bacon and the meat of a chicken; mix all together; fill your partridges with this farce; put them in a stewpan; let them stew slowly, and serve them with a sauce aux truffles.

*Perdrix à la Péregordine.*

Flatten your partridges without breaking the bones, and fill them with a farce made as follows: with their livers, and some truffles chopped fine, grated bacon, salt, pepper, parsley, chives, and some batter, six whole truffles peeled, parsley, chives, two cloves, salt, and pepper; put them on some slices of veal, and cover them with bacon; let them heat a



quarter of an hour, then add some stock and a glass of champagne; finish stewing slowly; place your partridges and truffles on your dish, and keep them hot, whilst you boil and reduce the stock; then pass it through a tamis; add the juice of a lemon, and pour it over the partridges and truffles.

*Pigeons en Marinade.*

Prepare your pigeons; divide them down the back; flatten the body without breaking the bones too much. Put them in a marinade made with oil, pepper, mushrooms, parsley, chives, all chopped fine; let them remain in the marinade for five or six hours; then take them up, and season them with the chopped herbs, and strew bread-crumbs over the pigeons. Put them on the gridiron; moisten them with the marinade; broil them on a slow fire of a fine gold colour, and serve with sauce poivrade.

*Pigeons à la Casserole.*

Prepare your pigeons as before; put them in a stewpan on a quick fire, with a large piece of butter, salt, pepper, and spices; turn the pigeons from time to time till they are done, which will be in about three-quarters of an hour; then take them out, and keep them warm, whilst you prepare the sauce by adding a little flour, browned with butter, half a glass of stock, and the juice of a lemon to the butter in which the pigeons were cooked; boil the sauce, and pour it over the pigeons.

*Pigeons en Compote.*

Prepare your pigeons as before, by splitting and boning them, and then truss them, putting the liver inside; brown them in a fryingpan with butter, throwing in, at the same time, a slice of bacon, cut into dice; take them out when a good colour; make a thickening for your sauce with flour and butter; put it into a stewpan with the pigeons and bacon, and add a glass of wine, and double that quantity of stock, some onions fried in butter, a bundle of fine herbs, a clove of garlic, some salt, pepper, and spices. Stew gently till done. Serve hot.

*Pigeons with Peas.*

You must prepare them as you do en compote, but leave out the wine; when half done, put in your green peas, and stew together till done enough; then beat two eggs with two tablespoonsful of cream, and add it to the pigeons; let it warm, but not boil, and serve over the pigeons.

Pigeons, if large, may be cut in quarters; if small, in two, and fricasséed like chicken.

*Roast Pullet.*

Lard the breast, and after it is on the spit wrap it up with buttered paper. Take the paper off when three parts done, to let your pullet take a good colour. Serve it on water-cresses; sprinkle a little salt over it, and add a spoonful of vinegar.

*Fried sauté Chicken.*

Cut up your chickens, and put them in a fryingpan,

on a quick fire, with some butter, mushrooms, salt, pepper, and a bunch of fine herbs ; fry your chickens ten minutes ; then add a little flour ; mix it well with the butter ; then add a wineglassful of stock, and stir it till it boils ; take it off the fire, and add the yolks of two eggs well beaten, and the juice of a lemon. Pickled mushrooms may be used when fresh are not to be had, but they must not be fried.

*Fricassée de Poulet.*

Take two good young fowls, or chickens, if fine ; after well cleaning them, cut up, and put them into cold water, to disgorge the blood and whiten them ; put aside the liver and gizzard ; put the neck, claws, and trimmings aside, if you have stock, if not, stew them down to make the gravy. Strain the chickens well from the water, and put them in a pan, with some butter ; fry them on a quick fire ; add a spoonful of flour, which you mix well with the butter ; then put the whole into a stewpan, with some stock, or the gravy you have made from the trimmings ; add a bunch of parsley, some chives, a bay-leaf, a little thyme, basilic, two cloves, a blade of mace, some mushrooms, and some small white onions ; stew slowly till done : the gravy should cover the fowl. When the fricassée is nearly done, if there be too much gravy, reduce it on a quick fire. If, on the contrary, there is too little, add some more stock or gravy. At the moment you serve add the yolks of three eggs, beaten with some cream, and the juice of a lemon.

*Poulet à la Tartare.*

Take a chicken or young fowl, split it open through the back, flatten it with the rolling-pin, put it in a stewpan with some butter, parsley, chives, salt, and pepper; stew it till done. A quarter of an hour before you serve, shake bread-crumbs over it; broil it on a gentle fire: when it has taken a good colour, serve with sauce à la tartare.

*Poulet à l'Estragon.*

Chop some tarragon very fine, mix it with butter, and put it into the body of your fowl; then sew it up. Put the fowl into a stewpan, with water that will reach half way up the fowl, with salt, carrots, two onions, a slice of fat bacon, a clove, and a small bit of thyme.

When the fowl is done enough, take it out of the stewpan; keep it warm; when you reduce the sauce, which you thicken with flour browned, add some chopped tarragon, and serve with this sauce, which should be high-coloured; garnish with leaves of tarragon round your dish.

*Poulet à la Marengo.*

Cut up your fowl as for a fricassée; put it into a stewpan with some oil and salt. You must first put in the legs, and five minutes after put the other members. The fowl must be cooked in the oil, and be a good colour: when three-quarters done, add a bundle of fine herbs and one shalot. You may add mushrooms, or truffles, cut in quarters. When it is

done, serve the fowl on a dish, with Italian sauce, which is made with parsley, shalots, mushrooms chopped, about the size of a nut of butter, half a glass of wine, and two spoonsful of the oil in which the fowl was cooked. The sauce must be warm, and after the oil is added great care must be taken to stir it smooth, so that it might not curdle.

You may marinade chicken, and any kind of poultry, even pigeons. You prepare a marinade as follows, of chicken :

Take the skin off your fowl, divide it into joints, put them into cold water; whilst they are soaking, prepare your marinade, with half vinegar and half stock, salt, pepper, parsley, chives, onions, and a bay-leaf; let your fowl steep in this six hours, and the giblets of your fowl; then drain them; dip them in the yolk of egg beaten; roll them in flour; fry, and serve them with a garnish of fried parsley.

### *Poule au Riz.*

This is the best method of preparing a fowl delicately. When you have trussed your fowl, put it into a stewpan, with water to cover it; add salt, a little thyme, a bay-leaf, a clove, three onions, a blade of mace, a carrot, and a slice of fat bacon cut in dice. When the fowl is three-parts stewed, add half a pound of rice; let it boil, and drain off the gravy. When done, serve the fowl on the rice.

*Capon*

Is roasted like the pullets, and also dressed the same way with rice.

*Capon au gros Sel.*

Prepare it as for stewing with rice, but the rice is not added ; rub the breast with lemon-juice, to keep the meat white ; when dressed, reduce the gravy ; thicken it with flour rolled in butter ; let it boil a minute or two to take off the raw taste of the flour, and serve the sauce over the capon.

*Poularde à la Montmorency.*

Lard your fowl, and stuff it with the liver cut in slices, bacon, and hard eggs ; stew it up, and finish like a fricandeau, stewing till done enough in some pale stock, with flour browned in butter, some onions, carrots, and bundle of fine herbs ; reduce the sauce to almost a glaze, and serve with the fowl.

*Turkey roasted, or Turkey pert.*

Turkey is stuffed with forcemeat of veal, mixed with sausage - meat, chestnuts, mushrooms, liver, parsley, chives, chopped fine.

*Turkey aux Truffles.*

Take two pounds of truffles, brush them well, skin them, and chop them fine. Take all the fat you can find in the turkey ; put in a saucepan a piece of butter, the truffles, salt, and spices ; let them stew about ten minutes ; add the parings of the

truffles chopped, and the fat of the turkey pounded, and some bacon also pounded. Put all this into the turkey to stuff it, taking care to close it well, so that the farce should not escape.

Roast your turkey, and serve it with truffles warm; or stewed. It must stew gently in some stock, which will serve for the sauce, and which you thicken with flour browned in butter and the parings of the truffles.

### *A Tartre en Daube*

Is dressed in the same manner as a goose or duck.

### *Turkey Giblets.*

The giblets consist of the pinions, the claws, the neck, liver, and gizzard. Scald the whole, and put them into a stewpan, with some butter, a bunch of parsley, chives, a clove of garlic, two cloves, thyme, bay-leaf, basilic, mushrooms; put all on the fire, with a spoonful of flour; moisten the whole with water or stock; season with salt; pepper; stew till done: then take out the bouquet, and add three yolks of eggs; warm, but do not let it boil, or it will curdle. You can vary the flavour by adding turnips or potatoes sliced.

### *Croquettes (of Poultry) des Volailles.*

Melt in a stewpan a piece of butter; add to it parsley and chopped mushrooms, two spoonsful of flour, salt, pepper, and grated nutmeg; add some stock and a little cream: the sauce ought to be



thick. Cut the meat of your poultry, which should be dressed the day before, into little dice ; put them into your sauce, and let it cool ; when cold enough, make your croquettes into balls, which you dip in egg ; then strew bread-crumbs over them ; then moisten them again with the egg, and again roll them in the bread-crumbs a second time ; fry them of a good brown, and serve with garnishing of fried parsley.

Croquettes of veal or rabbit are prepared in the same manner.

#### *A Blanquette de Volaille*

Is fowl prepared in the same manner as a blanquette de veau.

#### *Capilotade de Volaille.*

The fowl must be dressed the previous day ; cut it into pieces, and put it into a saucepan, with some flour browned in butter ; add a little stock, and stew slowly ; add when you serve some sliced gherkins ; let them warm in the sauce.

#### *Chicken Salad.*

Take a roast chicken dressed the preceding day ; cut the meat into fillets ; arrange symmetrically these fillets, with a lettuce cut, at the bottom of your salad-bowl ; arrange other lettuces, cut, with fillets of anchovies ; cover the whole with sauce made of oil, vinegar, mustard, and the yolks of hard eggs rubbed smooth, and well blanched. Some prefer cream to oil. Game salads are made the same way.

*Poulets Flamand.*

Truss your fowls as if for roasting ; fill them with a fine farce made of goose livers, grated bacon, fine herbs, white meat of poultry, salt, and pepper ; roast them wrapped up in slices of fat bacon, so that they may be well done and of a good colour ; make a jus de veau with butter, salt, pepper, parsley, and fine herbs, with some slices of lemon ; put it on the fire for a few minutes, till the sauce thickens, and pour it, boiling, over your pullets.

*Poulets à la Sauce Tomate.*

Singe, pick, and empty, two pullets ; bone the body ; mix together some butter, salt, pepper, lemon-juice ; fill your chickens with it ; then put some slices of bacon at the bottom of a stewpan ; put some thin slices of lemon on the breast of your pullets ; then cover them with bacon, and put them in a stewpan ; let them stew slowly, with a fire on the cover as well as below, for three-quarters of an hour ; at the moment of serving, drain the pullets on a cloth, and serve them with tomato sauce.

*Poulets à la Sainte-Menehoulde.*

Singe and draw two pullets, and truss them ; put them in a stewpan with a piece of butter, a glass of white wine, salt, pepper, parsley, chives, a clove of garlic, thyme, bay-leaf, basilic, two or three cloves ; let it stew slowly ; pour the sauce over your pullets ; let them get cold ; egg them over with a yolk well beaten ; sift bread-crumbs over it ; moisten with

butter, and shake more crumbs over them again ; then grill them till they are a good colour. Serve them dry, with a clear gravy.

*Poulets gras au Vin de Champagne.*

Lard two fat pullets with bacon and ham, after having cleaned and trussed them ; put them in a stewpan on the fire, with a little oil or butter to brown them ; then put them in a stewpan, with some slices of veal, with the oil in which they were fried, and a bunch of sweet herbs, chives, two cloves of garlic, two cloves, thyme, parsley, bay-leaf, basilic, salt, and pepper ; cover with fat bacon and half a lemon sliced ; let them stew half an hour ; then add a glass of champagne ; when done enough, pass the sauce through a tamis, and skim ; add a bit of butter mixed with flour, put it on the fire to warm, and serve it over the pullets.

You may serve pullets stewed with a bit of bacon, salt, pepper, cloves, thyme, and bay-leaf, slowly, for four hours, and add, when you serve, some small onions stewed in a little gravy, or put in the onions an hour before your pullets are served, to stew with them. Very savoury.

*Poularde à l'Hôtel des Princes.*

Truss your pullet, and divide it in two, and put it to steep for an hour in a marinade made with two spoonsful of oil, a piece of butter, salt, pepper, parsley, truffles, mushrooms, shalots, and basilic, all chopped fine, and a few bread-crumbs ; take each

piece of fowl and wrap it in double paper, with all the seasoning ; let it stew slowly till done enough, with a cover over it, on which place hot ashes ; when done, take off the papers, and stir in all the fine herbs that adhere to the paper, with the gravy, and add some consommé or good stock and two spoonful of coulis ; boil it up twice ; skim clear ; add the juice of a lemon, and serve under and over the pullet. Very good.

*Oie en Salmis.*

Cut up a roast goose, or part of one ; mix flour and butter ; fry it with four shalots ; add half a bottle of wine and as much bouillon, with salt, pepper, a bunch of sweet herbs and chives ; stew together, and when boiling, put in the pieces of goose ; let it stew for half an hour ; when you serve, add a spoonful of oil and some lemon-juice ; serve with sippets of bread fried crisp in butter ; put the goose in the middle, and pour over it the sauce.

Goose can be dressed, cut up, with sauce Robert, made with the jus d'oie and twenty small onions, the legs grilled and served on the onions ; or à la Sainte-Menehould : that is, to be stewed till nearly done, in good stock, then dipped in egg, bread-crumbs sifted over, and given a few turns on the spit, and served with sauce remoulade and stewed gherkins.

*Cuisses grillées.*

Put the legs and wings for a quarter of an hour to fry in good oil ; then wrap them round with slices

of fat bacon tied with twine ; shake bread-crumbs over them, and put them on to broil till a good colour ; take off the bacon, and serve with a sauce piquante, a sauce tartare, or a purée of turnips.

*Galantine de Dindon.*

Take a large turkey, bone it, beginning at the back ; take care not to break the skin ; take out the sinews from the legs, raise the flesh off the legs and the breast ; add to it a slice of a fillet of veal and some fat bacon, the same quantity as the meat of the turkey ; season with salt, pepper, spices, and fine herbs, chopped fine ; pound all in a mortar ; spread the skin on a fine cloth, the meat inside ; put on it a layer of farce, an inch thick, then the thin slices of the turkey, a layer of pickled tongue or ham, then truffles, another of sweet almonds and pistachios, mixed with gherkins ; continue alternately till all is used, letting farce be the last layer ; roll the turkey over this farce ; draw the skin together with a needle and thread, so as to prevent the farce escaping, and let the form be long. This done, cover it with thin slices of fat bacon, and wrap a napkin round it ; tie it at both ends to preserve the form you have given it ; then stew it with some stock, half a glass of brandy, or a glass of white wine, some slices of bacon, a calf's foot, some onions, carrots, herbs, cloves, garlic, thyme, and a bay-leaf ; let it stew five or six hours ; take out your turkey and let it get cold ; reduce your gravy, pass it through a tamis, let it get cold, and it will be a strong jelly, with which garnish your

galantine. If you leave on the head, you can give it the shape of a turkey. It is a handsome supper-dish, and very good.

*Kari Indien (quite new).*

Take a fowl, and cut up as for fricassée ; put it on to stew, with some butter and stock ; add salt, pepper, a bundle of fine herbs, a clove of garlic, two cloves, three allspice, a blade of mace, a spoonful of turmeric, some small onions, a spoonful of flour, and let all stew well till tender : serve with rice boiled as for curry. Serve the kari and rice on another dish, garnish the kari with sippets of bread, seasoned with allspice.

As few persons understand boiling rice, I add here the Indian method.

After having well washed your rice, put it into a large quantity of water : let it boil fast fifteen minutes, after it has come to a boil ; then strain your rice through a sieve, put a cloth over it, and let it stand near the fire to dry and keep warm ; each grain should be separate and tender. Some rice requires longer boiling ; this is left to the discretion of the cook, but rice should never resemble a pudding when done, or be all mashed together.

*Molé, a Mexican Dish.*

Take half a turkey and cut it in pieces ; put them on to stew in as much water as is necessary (but stock is preferable), salt, and pepper ; when done enough strain your sauce ; add to it three tomatoes, after

having rubbed them through a tamis, two capsicums, bruised in a mortar fine ; after mixing all together, add a clove of garlic. Put the meat in, and stew all together till done enough. When you serve it, powder it with coriander-seed. This dish is the ragoût, *par excellence*, for Mexicans and Spaniards, and very good.

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## FISH.

Turbot is boiled as in English cookery, and served with lobster, anchovy, or white sauce.

### *Turbot au Court Bouillon.*

After cleaning your fish, put it into your fish-kettle, half full of water, with a handful of salt, two bay-leaves, a bunch of thyme, a handful of parsley, some chives, onions cut in slices, two cloves, a clove of garlic ; boil it a quarter of an hour, strain the liquor, and let it get cold ; rub your turbot with lemon-juice, and put your fish into the fish-kettle : it must have a strainer to take it up when done without breaking it. Put your court bouillon (the sauce) over it, and let it stew an hour, or more if the fish is large. Serve it on a napkin with caper sauce.

### *A Mayonnaise.*

Take pieces of cold roast chicken, lobster, turbot sliced, carp, trout, or soles. Place them round your



dish, alternately with hard eggs cut in half, fillets of anchovies, capers, gherkins, fine herbs chopped; and in the middle put the hearts of lettuces cut neatly, as for salad. Arrange all with taste and symmetry. Make your sauce thus: Put two yolks of eggs into an earthen pan, with some lemon-juice, salt, and white pepper; mix well together, and add by degrees two spoonsful of oil, continuing to mix till all is smooth; add some more lemon-juice, and pour it over the meat or fish.

If you wish to serve it on a maigre day, make your sauce, composed of oil, salt, vinegar, well-mixed, and pour it over your cold fish: the sauce must be warmed and let grow cold before you use it for fish.

#### *Salmon au Bleu.*

Clean your salmon without slitting the belly, and put it into a fish-kettle, with sufficient vin ordinaire to cover it; add salt, pepper, onions sliced, garlic, cloves, bay-leaf, a handful of parsley, a sprig of thyme, seven carrots. Stew your salmon in this sauce two hours. Drain and serve it on a napkin, with a sauce of oil and vinegar in a boat. If it is for a remove, serve a sauce made of flour fried in butter, a spoonful of stock, pepper, gherkins chopped in dice, anchovies, capers cut small.

#### *Salmon with Capers.*

Put several slices of salmon (fresh), with oil, parsley, chives, shalots chopped fine, salt, and pepper; wrap up your slices of salmon in buttered papers,

with the seasoning of the marinade ; broil your fish, take off the papers, and serve with white sauce, and capers in it, chopped.

*Chad au Bleu.*

Dress it in the same manner as salmon au bleu.

*Grilled Chad.*

Put your chad, after having cleaned and scaled it, on a dish, with a glass of oil, salt, and pepper ; let it remain in this seasoning for an hour ; then broil it on a slow fire, and serve with caper sauce : or you may serve it on a purée of sorrel.

*Cod à la Hollandoise.*

Cut your cod, if large, into three parts ; sprinkle salt over head and tail for a day ; take the middle piece and put it into water with slices of lemon, taking out the seeds, some onions sliced, thyme, parsley, and a bit of butter ; stew till done : add some potatoes three parts done, and serve with white sauce.

*Cod à la Provençale.*

Having boiled your cod and drained it, put it on the dish you serve it, on a layer of shalot, garlic, parsley, chives, slices of lemon, pepper, a piece of butter the size of a nut, and two spoonsful of oil. Arrange your cod in fillets on this seasoning, and sprinkle some over with crumbs of bread ; place the dish in an oven, or on the hot hearth, to stew gently

till done. Colour it with a hot salamander a nice brown; place the dish on another, and serve.

*Cod Pie.*

Boil your cod, and let it get cold; then divide it into flakes; line a dish with paste, lay your cod into it, seasoning with pepper and salt, and spices; when your tourte is done, fill it with a good cream sauce.

Cold cod may be served a second day with white sauce, highly seasoned, and is very good.

*Raie au Beurre noir.*

Clean your ray, and put it in a stewpan, with water, a glass of vinegar, pepper, salt, and a bunch of parsley; let it boil up two or three times, take them out, skin them, and cut off their fins. Put in a fryingpan a piece of butter, and fry some parsley in it, and when done enough pour it over the ray, which you season with pepper and salt, and a spoonful of vinegar, which you first warm in your fryingpan.

Ray can be served with white sauce.

*Raie aux Champignons.*

Boil your rays and skin them; in a tart-dish dress some mushrooms, with water, salt, and vinegar; in about ten minutes take them off, chop them fine with parsley, and put some butter, salt, and pepper, on your fish. Keep your dish warm, and add some lemon-juice when you serve.

*Eels.*

Boil them in water, with salt, a bunch of parsley, a few whole peppers, and three or four bay-leaves; serve them with white caper sauce, or tomato sauce. When cold, they are good with oil and vinegar.

*Soles au Gratin.*

Prepare your soles as if for frying; mix a piece of butter with some flour, fine herbs, shalots, and mushrooms, chopped fine, salt and pepper, on a silver dish; place your soles on it, and cover them with the remains of the seasoning; moisten them with some melted butter and a little white wine, and let them stew slowly in an oven to form a gratin. If you have not an oven, you can dress them between two plates.

*Fillets of Sole à la Harly.*

Skin your soles, and divide them into fillets, which you put into a marinade, for an hour, of lemon-juice, with parsley, sliced onions, salt, and pepper. Drain them, shake flour over them, and fry; serve with tomato sauce.

*Sole au Newilly.*

Choose very fine soles, wash and clean them; put a large piece of butter on a silver dish, put your soles on it, with fine herbs, shalots, and mushrooms, chopped fine, pepper, salt, and some spice. Let them fry lightly, by putting the dish on the hot hearth; add some flour browned with butter, to

which you add some coulis, consommé, or stock. Arrange them on your dish symmetrically with a dozen oysters, as many mussels, four or six small gudgeons; moisten with some bits of butter: let all stew slowly in the oven. Whilst the fish is baking fry some mushrooms in butter, and some sippets of bread also fry. When your fish is done add the mushrooms and sippets. Serve hot; garnish with crayfish.

*Flounders, Plaice, and Brett,*

Are either fried plain or au gratin.

*Mackarel à la Maître d'Hôtel.*

After cleaning your fish split them down the back, wrap each up in buttered paper, and broil them on the gridiron; when they are done, put them on a dish, and put over and under them some butter mixed with fine herbs, well seasoned, and add some lemon-juice also.

*Mackarel aux Champignons.*

Put your mackarel in cold water with a little salt; put them on the fire and let them boil up once; then take them off, and dry them between two linen cloths; put them on a dish, after splitting them; add a farce round them, made of chopped mushrooms, parsley, and butter; put them in the oven; when done enough, squeeze the juice of a lemon over.

Mackarel may be broiled and served with tomato-sauce, and they may be dressed as a mayonnaise.

*Mackarel à la Tartare.*

Make a marinade of oil, parsley, chives, and salt ; pat your mackarel, cut into fillets, for four hours ; broil them, and serve with sauce tartare.

Mullet can be dressed like mackarel. Red mullet are very good. After being well cleaned, put into a small baking-dish, with layers of bread-crumbs mixed with parsley, chives, pepper, salt, and some butter, till your dish is full ; grate crumbs over it, and put the yolk of an egg, well beaten, over the top ; bake it till done enough, and serve in the dish they were baked in, garnished with green parsley.

*Fresh Herrings à la Maître d'Hôtel.*

Clean your herrings and scrape them ; wipe them dry ; put them on a quick fire to broil, turning them carefully ; put them on your dish ; put in each a bit of butter, mixed with parsley, salt, and pepper. Serve very hot.

*Herring à la Sauce Moutarde.*

After having broiled them, serve them with mustard sauce, which you make by putting into a sauce-pan to warm a piece of butter, a spoonful of stock, a teaspoonful of flour, some salt, and a spoonful of mustard ; mix it on the fire, and serve. Herrings can also be served with tomato-sauce, and they can also be made into a mayonnaise.

*Red Herrings en caisse.*

Cut five red herrings into fillets ; chop parsley,

chives, and mushrooms ; make a paper case, butter it, put in a layer of the chopped parsley, &c., and range the fillets on it ; then put another layer of the seasoning, then the fillets of herrings, and put the remainder of the seasoning, and broil it on the grid-iron, or bake it in a quick oven.

### *Whitings*

Are either plain boiled, au gratin, or grilled, after being seasoned with oil, pepper, salt, and served with tomato sauce.

### *Roach*

Are either boiled in water with some salt, two bay-leaves, thyme, parsley, some onions cut in slices, some cloves, and a clove of garlic ; boil it a quarter of an hour, pass it through the tamis, and let it get cold ; then boil your fish in it, and when done, serve on a bed of parsley, with caper sauce or oil and vinegar. Roach are grilled sometimes, and served with the same sauce as when boiled, only crushing the liver in it.

### *Anchovy Salad.*

Take hard eggs, and divide them in quarters ; cut up lettuces for salad ; arrange alternately the eggs, anchovies, and salad ; season all with a little vinegar mixed with oil, quite smooth, and some mixed mustard.

### *Mussels à la Poulette.*

Wash well ; put them dry on a good fire in a



saucepan, with a bunch of parsley ; as they open remove the shells ; then put a good piece of butter in a stewpan, with parsley and chopped chives ; fry them, and add a spoonful of flour, which you mix with the butter ; moisten your fine herbs with the water from the mussels, which you arrange on a dish warm ; add the yolks of eggs beaten with a little cream, some grated nutmeg, and pepper ; let your sauce boil, and pour it over the mussels.

#### *Lobsters and Crabs.*

Boil them on a good fire half an hour, with water, salt, pepper, and vinegar, with parsley ; when cold, serve them à la remoulade. Crack the shells, split the back, the head, and tail ; take out the meat with a fork ; put into an earthen pan two spoonsful of mustard, parsley, shalot, salt, pepper, some oil, and a little vinegar ; if the lobster has any pea, add it, and mix all together : having finished your sauce, serve it in a sauce-boat, to eat with the meat.

#### *Thon (Tunny).*

This is a Mediterranean fish : it is eaten fresh in Provence. Its flesh resembles veal. It is served mostly in a marinade of oil, and is much esteemed in France.

## FRESH-WATER FISH.

*Pike.*

You must not scale it, only open it, and throw away the pea or roe, which is unwholesome; boil it in court bouillon, as you do turbot. It can be dressed à la maître d'hôtel, like mackarel, and also à la broche, as follows:—After cleaning and scaling, cut incisions in your pike slightly, lard the incisions with bacon seasoned with pepper, mustard, fine herbs, and chives chopped very fine; put it on a spit, and moisten it with lemon-juice and white wine; when roasted, serve it with the sauce: you may bake it in the same manner.

*Fried Carp.*

Scale your carp, cut the fins, and split it down the back, also the head; moisten it with milk, then flour it, fry in oil or hog's lard; put in the roe and pea to fry when the fish is half done. When ready and of a good colour, serve with fried parsley.

The carp caught in ponds have usually a very strong taste, which is destroyed by making the fish, when alive, swallow vinegar. It throws the fish into a sort of perspiration, which removes the bad taste, and it renders the fish firmer.

*Carpe en fricassée.*

Cut the fish cold in slices, and put them into a stewpan, with a piece of butter, parsley, chives, and mushrooms, all chopped fine; a spoonful of flour;

put it on the fire till done, with half a pint of white wine; beat the yolks of three eggs with a little cream, add to your sauce, let it come to a boil, stirring it lest it curdle, and serve.

*Carpe au Bleu*

Is dressed like salmon au bleu; it is also dressed like turbot au court bouillon.

*Carpe au Vin.*

Scale and empty your fish; mix a piece of butter with parsley, chives, shalots, all chopped fine, with salt and pepper; put into the body of the fish, wrap it up in a linen cloth, and put it into some stock, half a bottle of red wine, a bit of butter, sliced onions, turnips, and carrots, mace, thyme, and bay-leaf. When the carp is done, strain the sauce through a tamis; reduce it; put your fish on a dish after removing the cloth, and serve the sauce over it.

*Carpe à la Bourgeoise.*

Scale your carp, split it the length through the belly, and open it. Fry with flour and butter, some mushrooms, bacon, and small onions; season with pepper and salt; put your fish into a stewpan, with the seasoning; moisten with stock and half a bottle of red wine; cover, and let your fish stew gently till done. Serve with the sauce.

*Carpe à la Vénitienne.*

Scale, empty, and separate the gills of a fine

carp; dash over it a glass of resolis, or brandy; season moderately inside and out; put it in your fish-kettle, on a layer of white onions cut in slices, and all sorts of fine herbs, and let it heat a quarter of an hour, then moisten your fish with a pint of white wine, a glass of water, two pounded anchovies mixed with flour and butter; let it stew slowly, and when the fish is done, and the sauce reduced to a good consistence, dish your carp, and strain your sauce through a tamis over it.

*Carpe farcie.*

Scald some mushrooms; chop them with parsley, chives, two small onions; fry them in batter, and if your carp has pea, take your pan off the fire, and mix them with the yolks of hard eggs, anchovies chopped, salt, and pepper: empty and scale your carp, open it at the belly, put in your farce, and close it; oil a sheet of paper, and wrap up your carp in it; put it on the gridiron; when done, take off the paper, and serve it on a long dish with a piece of butter mixed with chopped parsley, salt, pepper, and lemon-juice. Excellent.

*Tenche sur le Gril.*

Clean three or four tench, and put them for a minute into boiling water; scale them, beginning at the head, taking care not to spoil the skin; empty them, and put them to steep in a marinade of oil, parsley, chives, chopped shalots, thyme, bay-leaf, salt, and pepper; wrap them in two sheets of

paper, on which you spread your marinade; broil them; take off the paper before you dish them, and serve with sauce piquante or caper sauce.

*Truites aux Truffles.*

After cleaning your trout, fill them with a fine farce of truffles; then stew them with wine, truffles, white onions, and artichoke bottoms, salt, pepper; when done enough, serve them with a ragoût of truffles in slices, with meat or maigre sauce.

*Morue à la Crème.*

Prepare your cod, by cleaning and cutting it into fillets; let them stew in sauce composed of melted butter, flour, salt, pepper, some cream, and a little parsley chopped, with an onion; stew them slowly a quarter of an hour, and serve with a sauce made of cream, flour, a clove of garlic, salt, pepper, a little lemon-juice, and the yolks of three eggs: put in your fillets to warm, and serve hot.

*Esturgeon à la Provençale.*

Cut a slice of sturgeon about an inch and a half thick, lard it with eels and ham alternately; put it in a stewpan, with some melted butter, parsley, fine herbs chopped, and a whole clove of garlic, salt, and pepper, two or three bay-leaves: let the fish stew in this slowly till done enough. Skim and serve.

Sturgeon can be served with the same sauce as salmon.

*Esturgeon à la Sainte-Menehould.*

Make a sauce Sainte-Menehould, season with pepper, salt, bay-leaf, bits of bacon, and some white wine ; put your pieces of sturgeon in this, and let them stew slowly in a closely-covered pan till done ; skim your sauce and serve.

*Filets de Soles à la Provençale.*

Take two fine soles, cut them in filets, season with pepper, salt, garlic, nutmeg grated, and chopped parsley ; put them in a pan, with some oil and half a glass of white wine ; let them stew slowly till done : cut in slices some onions, fry them in oil, and when done, and a good colour, drain them, range them round your soles, and serve : add the juice of a lemon.

*Sole en Matelote Normande.*

After cleaning and skinning it, put it into a stewpan, with butter, parsley, chopped onion, thyme, a glass of white wine, a glass of water or stock, salt, pepper, nutmeg, some oysters or mussels, first having scalded them ; cover them, and let them stew till half done ; when on the fire prepare the following sauce :—Take a veal kidney and some bacon, which you stew, but do not let them brown ; half a spoonful of flour ; add when stirring half a glass of stock, a whole onion, some slices of carrot, pepper, nutmeg grated, and a bay-leaf ; strain the gravy, and add some court bouillon ; then add the yolks of four eggs (the sauce ought to be as

thick as white sauce): pour this sauce over the fish, on a dish that will go on the fire; garnish it with the truffles, which you stew with the soles, some sippets fried in milk, some mushrooms fried in butter; finish on a very slow fire, that the eggs should not curdle. This dish ought to be as white as a fricassée of chicken. Do not forget to add some lemon-juice. Delicious.

*Bleu, ou Court Bouillon, for all kinds of Fish.*

After cleaning your fish in the usual manner, put them in the following:—

*Court Bouillon.*

Put in a fish-kettle full of boiling water some salt, pepper, cloves, bay-leaves, onions, and cloves of garlic; when the fish boils throw in a glass of cold water. Your fish should first be steeped in vinegar, and some added to the sauce.

*Another Court Bouillon with Wine.*

Having scaled and cleaned your fish, put it in a fish-kettle, fill it with vin ordinaire in France, but in England use any common wine, salt, pepper, garlic, onions cut in slices, cloves, thyme, bay-leaf, fat bacon or butter, with a little olive oil, if for fast day; hang the kettle on a crook over the fire; let the wine take fire, which improves the flavour of the fish: let the court bouillon reduce two-thirds, take out the fish, drain it, and serve on a napkin.

This court bouillon will keep, only add a little



wine each time you use it. It is very superior to that made with vinegar.

### *Barbel*

Are prepared in the same manner as carp. The roe is unwholesome, and is always thrown away.

### *Eels à la Tartare.*

Skin the eels and clean them; cut off their heads; put in a saucepan a piece of butter, with carrots and onions cut in slices, parsley, and bay-leaf; when fried enough, add a glass of white wine, and season with salt and pepper. When your sauce is done enough, strain it through a tamis and put in your eels, which you tie in a round, and stew. When done enough, moisten them with your sauce, and shake bread-crumbs over them; then moisten them again with the beaten yolks of eggs, seasoned with pepper and salt, and shake crumbs over them a second time; broil them on a slow fire, or put them into an oven, to take a nice colour. Pour your sauce à la tartare in your dish, and put your eels in the middle.

### *Eels à la Poulette.*

After skinning and cleaning, cut your eels into pieces and boil them, with three spoonfuls of vinegar and some water, five minutes; then take them off and drain them; melt some butter in a saucepan with a spoonful of flour; do not let it brown; moisten it with a glass of white wine and the same

of boiling water, and add salt, pepper, bunch of fine herbs, and mushrooms, with the juice of a lemon : stew your eels half an hour in this sauce ; just as you serve add two yolks of eggs beaten with cream, and serve.

*Eels roasted.*

After skinning the eel broil it on a hot fire ; wipe and scrape it ; clean it, and turn it in a ring ; put skewers in it of wood or silver ; then put them in a stewpan with a little butter, slices of carrots, spices, parsley, chives, some onions, some stock, and half a glass of wine, and boil. When your eel is half done, fix it on a spit ; wrap it up on buttered paper, and roast by a clear fire till done ; take off the paper a few minutes before you serve to brown, and send it up a sauce ravigotte.

*Trout à la Bourgeoise.*

After cleaning your trout, wash well, and wipe them dry ; strew salt on the head for an hour ; boil them on a quick fire a quarter of an hour, with half a bottle of white wine, some flour mixed with butter, onions, bunch of sweet herbs, a clove of garlic, two cloves, a little thyme, and parsley. When your trout is done, throw a little parsley that has been scalded on a dish, arrange your fish on it, and serve with the sauce, after taking out the onions and herbs. Trout can be dressed in every mode that salmon can when fresh.

*Perch*

Can be served au court bouillon, or as turbot, but with white caper sauce, or oil and vinegar.

*Tench*

Are dressed like carp. To scale them easily, put them for a minute in boiling water, and scrape.

*Gudgeons and Smelts*

Are fried with bread-crumbs and parsley.

*A Matelote of Carp, Eel, and other Fish.*

Take any kind of fresh-water fish, such as carp, eels, barbel, pike, tench ; scale and clean, cut them in equal pieces ; put in a stewpan a large piece of butter, some flour, and twenty small onions. When they are half done put in your fish, with half a bottle of red wine and as much water, with some mushrooms, bundle of fine herbs, salt, and pepper. Stew your matelote on a quick fire an hour, and when you are ready to serve, put some sippets of bread toasted hard into the sauce, and serve them with the matelote, which you arrange in a pyramid, the heads in the middle, with the mushrooms and onions round the dish. I must remark, that some fish will require less dressing than others, and must be put in later ; the eels and pike first, and afterwards the carp, &c.

*Matelote à la Marinier.*

Prepare your fish as in the preceding receipt. Put in a little kettle a bottle of common red wine ;

hang it over the fire ; add a piece of butter, some small onions previously fried in butter, a clove of garlic, a little thyme, a bay-leaf, pepper, salt, spices. Let your fish boil in this sauce quickly ; let the wine take fire, and the sauce reduce two parts, and dress. Serve your matelote like the former dish.

### *Crawfish*

Are boiled like lobsters for ten minutes ; then take off the saucepan, cover it, and let them lie in the water a quarter of an hour ; drain them, and serve in a napkin.

### *Snails.*

This is not a dish for English palates ; but I give it, as some persons may like to taste it as a matter of curiosity. Though long resident in France, I have not conquered my prejudice to eating snails. The season is spring and autumn. To take off their shells, put them in boiling water with a handful of ashes ; leave them a quarter of an hour. At the end of that time the shells can easily be removed ; then wash them well in lukewarm water, and then boil them enough in water. Drain them, and put them in a saucepan with a piece of butter, some mushrooms, a bunch of parsley, a clove of garlic, two cloves, thyme, and bay-leaf ; add a small spoonful of flour : put the snails in the stewpan ; add three yolks of eggs beaten with a spoonful of cream ; stir in but do not let it boil. Serve with a little lemon-juice.

*Snails boiled in Milk, for Invalids.*

This is recommended for consumption. Take fifty snails, wash them well, bruise them, put them shells and all into a muslin bag; boil in milk about three pints till reduced one-third; let it cool, and mix with sugar; drink it twice a-day, or more, if agreeable.

*Frogs.*

Like the preceding receipts, this is a dish not palatable to English tastes, from prejudice; but that once conquered, will be found delicate and good. The common frog is not used for this dish; it is a large green frog, of which there are reservoirs kept for use. The thighs are sold prepared in the markets. They are usually served in cream sauce, like chicken, nicely seasoned, with a garnish of sliced lemon and green parsley; or fried in batter, and served with fried parsley round the dish. I would advise my English readers to try this national dish whenever it presents itself, for it is delicious, and very delicate, like young chicken.

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## VEGETABLES.

*Green Peas à la Bourgeoise.*

Take two quarts of peas, wash, and put them into a stewpan with a piece of butter, a bunch of parsley, chives, a lettuce, and four whole onions;

add a small lump of sugar ; let them stew in their own liquor slowly ; when they are done enough, take them off from the fire, take out the parsley and lettuce ; add a small piece of butter mixed with a teaspoonful of flour ; or, in place of the flour, add the yolks of two eggs.

*Green Peas au Lard.*

Fry some fat bacon cut in dice ; drain your peas well, after washing them ; put them into a stewpan with a piece of fresh butter ; let them heat, then add a little stock ; put in your bacon in dice, add a bunch of parsley and thyme, pepper and salt ; put them on a quick fire, and let the fire diminish so as to stew them slowly until done enough ; skim your sauce, take out the parsley. Serve.

*Kidney Beans à la Bourgeoise.*

After washing and cutting them, put them in boiling water with some salt ; when done enough, put them in cold water to keep them green ; strain them ; then put in your beans into a stewpan with a piece of butter, some salt, pepper, and chopped parsley : stir them continually till hot ; then serve.

*Kidney Beans au Gras.*

Boil them as before. Put in a fryingpan some parsley, chopped onions, salt, pepper, and fat of bacon ; put in your beans, and let them fry ten minutes, then add some stock ; let them stew a quarter of an hour, and serve with the yolks of two eggs.

*Kidney Bean Salad.*

Having boiled as before, drain, and let them get cold. Season them some hours before you serve with pepper, salt, vinegar, and oil.

*Haricot Beans*

Are boiled in water and salt till done enough, and then strained. You must put them into boiling water: they ought to be soaked in cold water some time before they are used.

*Haricots à la Maître d'Hôtel.*

Drain your beans when hot, and put them in a stewpan with some fresh butter, mixed with parsley and chives chopped fine, salt, pepper, and a spoonful of vinegar. Mix well, and serve.

*Haricots à la Crème.*

After steeping, put them into boiling milk and water; when done enough, put them into a stewpan with some cream, a bit of butter, salt, and leave them on the fire long enough to melt the butter: stir them well, and serve.

*Haricots au Gras.*

Put into a pan a bit of butter, some flour, and a chopped onion; put in your haricots that have been first boiled, with salt, pepper, chopped parsley, and vinegar; moisten them with stock; let them stew half-an-hour, and serve. You may put in fat bacon in dice, if you wish to change the flavour, in place of butter.



*Haricots rouge à l'étuvée.*

If dry, put them in cold water with some fat and onions ; if fresh, put them in boiling water. When done enough, put them in a stewpan with a bit of butter, a teaspoonful of flour, fine herbs, and some fat bacon, and the onions ; add a glass of red wine, stew them half-an-hour, and serve. Some persons boil in two waters, throwing away the first, because it takes away a certain sharpness.

*Beans.*

When they are young, serve them with the skin ; but if old, they must boil a quarter of an hour longer, and remove the skins ; then put them into a stewpan with some butter, flour, a bunch of parsley, chives, little onions, and a little savory ; moisten with stock, and add the yolks of three eggs beaten with a little milk : then serve.

*Lentils*

Are of two kinds—the common, and those of la reine ; they are generally smaller, and used for coulis and purées : they can also be dressed like haricots.

*Cabbage au Lard.*

Cut your cabbages in quarters, after having washed them well ; boil them a quarter of an hour in water, with some little bits of bacon with the skin on ; take them out, and put them in cold water ;

squeeze them dry; put them with bacon and any other meat you like: add some stock, with salt, pepper, parsley, chives, cloves, a little nutmeg, and two or three roots. When all is done enough, take out the cabbage to drain the fat off; put your meat on the dish, cover it with the cabbage, and put the bits of bacon on the cabbage.

*Cabbage farci.*

Take a cabbage, wash it, and let it boil a quarter of an hour in water; then put it in cold water as before, squeeze it dry, and put between each two leaves a forcemeat, made of pounded meat, well seasoned, and sausages, in equal quantities, mixed together. Your cabbage being finished, tie the ends close, and boil it as the cabbage au lard is done; reduce the sauce, and pour it over your cabbage on the dish.

*Another manner, more simple.*

Take a cabbage, wash it well, make a round hole in the middle; put into it a good forcemeat; tie it up; put it with pepper, thyme, bay-leaf, into a stewpan, with two spoonfuls of stock and a bit of butter; close the cover hermetically, and let it stew five hours.

*Brussels Sprouts.*

Put them into boiling water and salt; let them boil a quarter of an hour; take them off, drain them; put them into a saucepan with a piece of butter, some pepper, nutmeg, and a little stock, till done enough; then serve.

*Red Cabbage à la Flamande.*

Scald a red cabbage cut in quarters, drain and mince it; then put it in a stewpan with a large piece of butter, bay-leaf, an onion stuck with two cloves, salt, and pepper; let them boil, turning them well in the butter; diminish the heat, and let them stew very slowly three or four hours, putting some red cinders on the cover; turn them from time to time, take out the bay-leaf and onion, add a bit of butter, and serve.

*Red Cabbage larded.*

Take a large hard red cabbage, scald it, scoop out the cabbage at the stump, which must be cut off. Lard the rest of the cabbage; wrap it up in the skin of pork; put your cabbage in a stewpan, the stump underneath, and fill up the place of the stump by sausages and butter; stew slowly three hours; skim the sauce, and serve.

*Sour Krout.*

Take some large full-grown cabbages, cut them in very thin slices, and put them in layers, of two fingers' thickness, in a tub, and sprinkle each layer with juniper berries. For twenty cabbages use two pounds of salt; when the tub is full, put on a cover which exactly fits the tub; put on the cover a weight of forty or fifty pounds, and put the tub in a moderate heat. The cabbage sinks when fermentation begins, and the liquor rises to the surface over the cover. When it smells sour, the fermentation has

begun. Then put the tub into the cellar, keep it covered, and let the pickle cover the sour krout. Cover it close each time any is taken out. When you use it, wash it in warm water, and stew it with butter or fat; serve with ham, pickled pork, or sausages.

### *Cauliflowers with Sauce.*

Pick your cauliflowers, wash them, put them in boiling water, with salt, till done enough; then arrange the pieces on a dish so as to resemble a whole cauliflower; cover them with white sauce, and serve. You can serve them with tomato sauce or sauce blonde, which is only pale stock thickened with flour and butter. The cauliflowers do not look so well, but are richer when stewed in the sauce. You can serve them also stewed in butter, salt, and pepper. Also, dress them in three parts, then drain, and put them in cold white sauce to moisten, and fry them in hot lard.

### *Artichoke Bottoms.*

Prepare them by stripping the leaves off; boil them in water, salt, and a bundle of fine herbs; when done enough, drain them, and serve with white sauce or a sauce blonde. If cold, serve with oil, salt, pepper, and vinegar.

### *Fried Artichokes.*

Cut in ten or twelve pieces three artichokes stripped of the leaves and cleaned; scald them in boiling water, and salt and drain them. Prepare a

batter, composed of two eggs, whites and yolks, a spoonful of vinegar, salt, pepper, a spoonful of brandy, a teaspoonful of flour, and a good piece of butter. Dip your artichokes in this batter, which should be thick, and put them to fry in boiling lard. Serve with fried parsley.

*Artichokes à la Barigoule.*

Take four artichokes, prepare them as before : scald them. Have parsley, mushrooms, and shalots, chopped fine and well seasoned ; fry them in a little butter, to take away their sharpness, and then mix with them a quarter of a pound of butter and as much grated bacon. Put this farce inside the artichokes, put them into a stewpan, with some slices of bacon ; let them stew slowly, with some hot coals put on the cover of the pan ; add three spoonful of fine oil. Serve with a sauce made of stock, thickened with flour and butter.

*Artichokes farcis.*

After preparing your artichokes as above, fill their middle with a forcemeat, of pounded meat, parsley, chives, and mushrooms, chopped very fine ; put them in a stewpan, with fire above and below ; let them stew gently ; when the leaves are brown, serve with fine herbs, a little oil, and lemon-juice.

*Potatoes en Matelote.*

Take some potatoes boiled, peeled, and hot, cut them in two ; put them in a stewpan with a bit of

butter, bunch of parsley, chives, pepper, and salt ; moisten them with stock and a glass of white wine ; stew them, thicken the sauce, and serve.

*Potatoes au Card.*

Brown some flour in butter, and fry some bacon cut in pieces ; put in your potatoes peeled, without being dressed before, some pepper, salt, a bunch of parsley, and chives ; moisten with stock.

*Boulettes de Pomme de Terre (Potatoes).*

Boil some mealy potatoes ; crush them with a roller or spoon on a dish ; put in a bit of butter, pepper, salt, fine herbs, and above all ; some parsley, chopped very fine, and some yolks of eggs ; mix well together, make the paste into bullets, and roll them in flour ; then fry them a light brown. If you have any minced meat, put it inside the bullets.

*Potatoe Cake.*

Take your potatoes dressed and peeled, about a pound ; mix with them the yolks of six eggs, a quarter of a pound of sugar in powder ; add a grated lemon-peel, and the six whites well beaten ; knead it in the shape of a cake, and bake it in a tart-pan well buttered.

*Fried Potatoes.*

Peel the potatoes before they are dressed, cut them into slices or long strips, put them into a frying-pan, shake some fine salt over them : they must be crisp and brown.

Potatoes can be dressed in various ways, and all equally good. Sliced, with maître d'hôtel sauce; with anchovy, butter, white sauce, with a spoonful of vinegar; mushroom sauce, with black butter; or cold, with oil and vinegar. All these methods are approved of in France; in England, plain boiled or baked are preferred,

### *Asparagus*

Are served with melted butter, white sauce, or with coulis, mixed with butter and flour, salt and pepper; or sauce of oil, vinegar, salt, and pepper.

### *Asparagus aux petits Pois.*

Cut the eatable part of asparagus into pieces, boil them a few minutes in water, drain them, and finish them like green peas à la bourgeoise, leaving out the lettuces.

### *Turnips*

Are seldom prepared alone. If you wish to serve them with meat, peel and cut them in four, boil them in water, and then serve them with sauce made of coulis or stock.

### *Turnips au blanc.*

Peel them, and fry them in butter; when they have taken a good colour, moisten them with stock, put a lump of sugar, stew them slowly, and serve with a white sauce mixed with mustard.



*Carrots au blanc.*

After scraping and washing your carrots, scald them in boiling water, cut them in fillets, and put them into a stewpan, with a piece of butter, some salt, pepper, and chopped parsley; moisten with milk. When the carrots are done enough, add the yolks of eggs well beaten

*Carrots au Gras.*

In place of butter, put in the stewpan slices of bacon, parsley, chives, salt, and pepper; moisten with stock; reduce the sauce, and serve.

*Beetroot.*

Boil them in water or bake them in an oven, to eat as salad or fricassée. For salad, serve them sliced in layers, with celery and boiled onions, also sliced, and season with oil, mustard, and vinegar. For fricassée, slice and put them in a stewpan, with butter, parsley, chopped chives, a clove of garlic, a teaspoonful of flour, vinegar, salt, and pepper; stew a quarter of an hour.

*Celery Root.*

Celery root is in the form of a turnip, and is dressed in the same manner.

*Onions*

Are useful in every dish; they can also be made a purée of, or dressed à l'étuvée, as follows:—Boil them first, then put them in a stewpan, with flour, butter,

a bunch of parsley, chives, cloves, thyme, and bay-leaf; moisten with a glass or two of red wine, according to the quantity of your onions.

Fry some sippets of bread and serve with your onions, after reducing the sauce.

### *Cucumbers.*

Peel and cut them in slices; put the slices into boiling water till done enough; throw them into cold water, and dry them in a cloth. Serve them with a sauce à la poulette, or put them into a stewpan with butter, mixed with fine herbs chopped, salt, and pepper.

### *Cucumbers farcis.*

Empty your cucumbers of the seeds, after having peeled them. Fill them with dressed forcemeat, and close the hole; put them into a stewpan, with some butter, a bunch of fine herbs, and some stock; stew them three quarters of an hour, and serve with the sauce in which they were dressed.

### *Pumpkin*

Is sometimes made into soup, but it might be used as a fricassée, thus:—Cut it into pieces; throw it into boiling water with some salt; when done enough, put into a saucepan, with a bit of butter, some parsley, chives, salt, and pepper; let it stew a quarter of an hour, and add, just before you serve, the yolks of two eggs, beaten with a little cream or milk.

## RAGOÛTS OF VEGETABLES.

*Ragoût Truffles.*

Take the roundest you can get, and wash them in several waters, till thoroughly clean, which you will know by the water being clear; pick them; cut them into blades, or dice; let them stew tender in good consommé; skim the gravy; reduce it, and add a glass of champagne.

*Truffles à la Piémontaise.*

Wash and pick your truffles as before, and stew them in a stewpan in oil instead of butter: moisten them with a glass or two of white wine.

*Ragoût de Champignons au blanc.*

Skin your mushrooms, cut off the stems, wash them in several waters, and put them in a frypan with a *little* water and the juice of a lemon; after having fried them, drain well, and cut them small; then squeeze them in a cloth; then put them in a stewpan with some butter and lemon-juice. When the butter turns to oil, add some spoonfuls of consommé, or pale stock. Let it reduce till thick; add a little white pepper, and the yolks of three eggs beaten with cream and butter: skim clear before you add the eggs. You may use sauce velouté in place of stock.

*Ragoût de Champignons au brun.*

After preparing your mushrooms, as before, in

place of velouté, use sauce espagnole; and if you have none ready, make the following sauce:—Brown some flour in butter, add some stock, some bits of ham and veal, a bunch of sweet herbs, carrots, onions, salt, and pepper: when all is done enough rub through a tamis, and add a small bit of butter. Morels can be dressed in the same way.

*Ragoût de Chicorée.*

Take as many endives as you think enough, pick and scald them in salt and water; when tender, take them off, and put them into cold water; when cold, drain and squeeze the water from them: chop your endives fine, and put them into a stewpan with a bit of butter, and put them on a moderate fire for a quarter of an hour; moisten with any sauce you choose; stew it an hour, stirring with a wooden spoon; add some salt, and serve hot.

*Ragoût des petites Racines.*

Turn some small roots, carrots, turnips, and parsnips, into any form you like; fry them in batter; mix some flour and butter; add some gravy; let it boil; skim it; add a pinch of sugar, and serve over your vegetables.

*Ragoût de Chicorée au blanc.*

After preparing the endive as before, by scalding and chopping it, take some cream; grated nutmeg; stew your endive in batter, and when done add your cream. This is very delicate.

*Spinach à la Crème au jus.*

Scald your spinach in boiling water till done, strain it, then pound it fine ; put it in a stewpan with a piece of butter, salt, pepper, nutmeg, a pinch of sugar, and some cream ; garnish with sippets of bread fried in butter.

*Ragoût of Haricots.*

Take a quart of haricots, or broad beans, pick them, and put them into a saucepan with water till done ; take them out, drain them, then put them into a stewpan with a little purée of onions, some butter, pepper, and salt. Serve with sippets.

*Ragoût à la Financier.*

Put in a stewpan half a bottle of madeira, with twenty large mushrooms cleaned and pared, as many truffles cut in quarters ; add two Jamaica peppers, a little tomato, an ounce of veal glaze ; stew well till nearly a glaze, then add two spoonsful of rich stock and the same of veal stock ; let your sauce boil, then take out the truffles and mushrooms, but strain your sauce through a tamis ; put your truffles and mushrooms on a dish, and pour your sauce over.

You can add to this ragoût a dozen cockscombs and gizzards, some small quenelles, some lamb or veal sweetbreads, cut in slices or left whole. It can be served white, by adding the yolks of three eggs well beaten with a little cream to the sauce, but it must not boil after the egg is added. A pâte may be filled with this garnished with crayfish.

*Ragoût à la Champensise.*

Put in a stewpan a good slice of ham to stew with a little stock till nearly done ; then take it out and cut it into dice the size of peas ; then put it in the stewpan with a dressed carrot, some mushrooms, and a couple of truffles, all cut in the same manner ; add some butter and flour, and some coulis, a little consommé, a glass of champagne, or other wine ; let it stew till the sauce is thick ; skim it ; then add the white part of a roasted chicken, some gherkins, leaves of parsley, blanched, two anchovies washed, and all cut the same size in little dice ; warm without boiling ; add salt if required, and the juice of a lemon. This ragoût is served with other meat.

If eaten alone, those who like ham can eat some with it, independent of that cut in dice. It is also served with livers and veal sweetbreads ; if the latter, scald one or two and cut each in four pieces, put them in a stewpan, with some mushrooms, butter, bread grated, and a bunch of fine herbs ; shake a little flour over it, and moisten with some good stock, jus, and coulis : let it stew slowly ; then skim it clear, and let it reduce a little to thicken the sauce. Serve the sweetbreads in the middle of the dish, and the ragoût round them.

*Ragoût des Châtaignes.*

Take off the outside skin of half-a-hundred good chestnuts ; then put them into a fryingpan pierced with holes ; put them on the fire, shaking them about till you can remove the second skin ; then

put them in a stewpan with half a glass of white wine, two spoonfuls of coulis, a little stock, and some salt: let them stew till well done, and reduce the gravy. Take care the chestnuts are whole and well done.

*Ragoût mêlé.*

Put in a stewpan on the fire some strips of ham and some lamb sweetbreads, with a little grated bacon or butter; add to it half a glass of madeira, or other white wine, some truffles sliced thin, and moisten with a little velouté. As this should be a mixed ragoût, add some cockscombs, gizzards, livers, artichoke bottoms, and mix with them the yolks of three eggs, well beaten with the juice of a lemon; you can also add to your ragoût some oysters stewed, or the tails of crayfish.

*Ragoût de Pois aux Lard.*

Take half a pound of bacon, cut it into small pieces; fry them in a morsel of butter a few minutes: put a quart of young peas in a basin with a piece of butter; mix them, and then put them into boiling water; let them remain a quarter of an hour, then drain them and put them into a stewpan to dry; in a few minutes add a little stock; then put in your bacon, with a bunch of fine herbs and chives, a little salt and pepper: let it stew slowly till done; take out your ragoût, skim it clear, and if too salt add a little white sugar.



*Another Mode.*

Put in a stewpan a piece of butter and a spoonful of flour ; when well mixed and brown, add some bacon cut in dice, and fry this in the flour and butter ; then add a large spoonful of stock, a bunch of parsley and chives, a bay-leaf, and some pepper ; stew your peas with this ragoût, and skim it well before you serve.

*Ragoût d'Olives.*

Take a few chives and some parsley, chop them small, fry them in butter, with a little flour shaken over them ; put two spoonsful of jus, and a glass of champagne ; chopped capers, an anchovy, some olives skinned, a spoonful of oil, with a little coulis ; season well, skim it, and serve to eat with roast meat. This is very good and piquant.

*Ragoût aux pointes d'Asperges.*

Choose some young asparagus, green and tender ; cut them in small pieces ; blanch them in salt and water ; then put them in cold water ; strain them ; fry them lightly in butter, or stew them gently, which I think better, and keep them moist with a little stock ; when done enough, add some butter mixed with flour ; stir round ; add the yolks of two eggs beaten with a little cream to your sauce, let it warm, then serve.

*Sorrel en purée ou farci.*

Pick and wash your sorrel in several waters ;

then add to it a handful of chervil and some white beet; squeeze the water out, and scald for a minute in boiling water; then put it into cold water, to keep it green; again squeeze out all the water, and chop it fine: put it in a saucepan, with a piece of butter, some salt and pepper, with the yolks of three eggs, which must be added by degrees; then arrange it on your dish, and serve it round meat, or with hard eggs on it, according to taste. If you wish to vary the flavour, you may sometimes add stock well seasoned instead of the eggs.

### *Spinach au Sucre.*

Pick and prepare it as you did the sorrel, and when it is chopped fine put it to stew with a piece of butter for a quarter of an hour; add very little salt, some grated nutmeg, a lump of sugar, and a pinch of flour; moisten it with some cream or good milk; arrange your spinach on your dish, and garnish with sippets of bread fried in butter a nice brown.

### *Spinach with Gravy*

Only differs from the preceding receipt by substituting stock instead of cream, and leaving out the sugar.

### *White Chicory*

Is prepared in the same manner as spinach and sorrel; if for a maigre day, using the milk in place of stock.

*Lettuces*

Can also be dressed in the same manner as spinach.

*Truffles au naturel.*

Take some good truffles, wash and brush them with care, sprinkle each with salt and pepper, wrap them up in several folds of paper, with slices of fat bacon; moisten these cases, and put them on hot cinders; let them remain an hour, then take off the paper; wipe your truffles, and serve them hot in a napkin.

*Ragoût of Truffles.*

After washing and brushing your truffles, put them to steep in oil; then cut them in thick slices; put them in a stewpan, with some oil or butter, salt, pepper, and a little white wine; when the truffles are done enough serve them, with some lemon-juice squeezed into the gravy, or the yolks of two eggs beaten.

*Truffles au Vin de Champagne.*

Wash your truffles several times in lukewarm water, brush them, and put them into a stewpan with a layer of fat bacon, some salt, a bay-leaf, and a bottle of champagne; cover hermetically the stewpan: let the truffles boil half an hour, and serve them in a napkin hot.

*Ragoût of Morels.*

Pick your morels, cut them in two, and wash

them well, to clean the sand out of their cells; drain them, and put them in a stewpan with some butter; when the butter is melted, squeeze in the juice of a lemon; add pepper, salt, grated nutmeg: let it stew half an hour, and moisten with stock; when done enough thicken with the yolks of three eggs.

*Morels à l'Italienne.*

After having cleaned them as before, put them on a quick fire in a stewpan, with some olive oil, pepper, salt, and a bunch of fine herbs: let them stew a few minutes, then add some parsley, chives, and a clove of garlic, chopped fine; continue to stew them on a moderate fire; moisten with some stock and a glass of white wine; when done enough, add the juice of a lemon.

*Croute aux Mushrooms.*

Peel the mushrooms, and cut off the stalks: put them in a stewpan, with some butter, and put them on a quick fire; when the butter is melted take it off, squeeze in the juice of a lemon, and again put it on the fire for some minutes; add salt, pepper, some spices, and two spoonsful of water, in which you have infused for half an hour a clove of garlic cut in four: let it stew; when the mushrooms are done, add the yolks of three eggs well beaten, and then put your mushrooms on the dish which you have garnished with fried sippets of bread.

*Mushrooms en Caisse.*

Peel your mushrooms, and cut them in pieces ; put them in a paper case well buttered, with some butter, parsley, chives, shalots, finely chopped, salt, and pepper ; broil them on a slow fire, and serve in the paper case.

*Mushrooms à la Provençale.*

Take some large mushrooms, peel and cut off the stalks, and put them into a marinade of olive oil ; chop the stalks with a clove of garlic and some parsley ; add some sausage-meat, and two yolks of eggs, to bind your forcemeat : arrange your mushrooms on a dish, garnish them with a layer of forcemeat ; moisten them with the olive oil, and bake them in an oven.

*Omelettes of Mushrooms.*

Peel them and scald them in boiling water ; then put them into a fryingpan with some butter, cutting the large mushrooms into three or four pieces ; then throw into the pan the yolks of eggs beaten, with pepper and salt, and finish the omelette in the usual manner. Mushrooms can be dressed also as follows :—After preparing them as above, stew them with some butter, a little olive oil, shalots, parsley, chives, and a clove of garlic chopped fine, pepper, and salt ; when done enough, let them stew nearly twenty minutes longer, and moisten from time to time with stock beaten with the yolks of eggs. Serve.

*Artichokes à la Barigoule.*

After boiling and removing some of the leaves, make a farce with mushrooms, truffles, a clove of garlic, some parsley chopped, chives, a little sausage-meat, pepper, and nutmeg; put some on each artichoke; put them into a fryingpan till done enough: they must fry slowly.

Artichokes may be fried also in a good batter made with eggs, cream, a little flour, salt, and pepper. Serve on fried parsley.

*Artichokes à l'Italienne.*

Boil some artichoke bottoms till tender and white; cut some onions very small; fry them in butter; let them get cool, then fill your artichokes with grated bread and Parmesan cheese; put them in an oven to colour, and serve hot, without sauce.

*Artichokes à la Provençale.*

Pare and trim your artichokes; boil them sufficiently to remove the choke and the small leaves; cut off the tips of the large leaves; fry in butter ten or twelve onions cut in quarters; pound two or three anchovies, and mix with the onions and butter, to a farce: with this stuff your artichokes; finish dressing them in a stewpan, with a slice of bacon; put fire on the top of the stewpan, as well as beneath.

*Petits Pois au maigre et au sucré.*

Take three pints of green peas; add a quarter of

a pound of butter, a bunch of parsley, an onion, and the heart of a lettuce, and stew them till done enough; then add a little sugar and salt. When you serve, put in a bit of flour mixed with butter.

*Haricots vert à la Poulette.*

Take some young kidney beans, green and tender, and boil them after being cut, as usual, and washed; stew them in the butter in which you have fried some parsley and chives; add a little flour, some stock, and a little salt; reduce the sauce; then add the yolks of two eggs beaten in cream; warm and serve: add the juice of a lemon.

Kidney beans may be served as salad, preparing them as before, leaving out the egg, and draining them.

*Haricots vert à la Provençale.*

Cut some onions in slices, and fry them in oil or butter; add some sliced kidney beans that have been boiled, with chopped parsley, salt, and pepper; fry them with the onions and oil; dish them, and pour some boiling vinegar over them. Savoury and good.

*Cucumber à la Crème.*

Pare and cut your cucumbers in dice; steep them in salt and water; drain them, and dry them on a cloth; put them into a stewpan with some cream, a little melted butter, and a little flour: warm them in this sauce till done enough.

You may occasionally vary this dish by adding



the yolks of eggs beaten with the juice of a lemon, or a spoonful of vinegar, and then fry your cucumbers lightly, first in butter.

*Cucumbers farcis.*

Pare three cucumbers ; scoop out the inside by cutting off a piece at the end ; when empty, fill them with farce made of chicken, veal, a little bacon, some bread-crumbs and seasoning, moistened with cream, and an egg beaten ; fill your cucumbers with this, and put them in a stewpan on slices of bacon ; let them stew an hour ; drain them when you serve, with sauce au jus and lemon-juice.

*Navets à l'Espagnoles.*

Cut your turnips into different forms ; fry them till they begin to colour ; drain them, and put them into a stewpan with a little sauce espagnole, and stock, and a little sugar. When done enough, serve with the sauce.

*Carottes à la Maître d'Hôtel.*

Boil a dozen carrots in water with a bunch of sweet herbs and a little salt ; then drain them ; cut them in slices and fry them in butter, salt, pepper, and fine herbs : serve with the juice of lemon added.

Potatoes can be dressed in the same manner, and are very good.

*Pommes de Terre à la Lyonnaise.*

Brown in butter some onions, cut in slices ; add

a spoonful of flour; moisten with good stock and jus; let them then stew slowly an hour; when done, reduce the sauce, take it off the fire, and add a piece of butter; then chop some boiled potatoes, hot; add them to your sauce; do not let them boil, or even simmer: in a quarter of an hour serve with their sauce, the onions put round.

*Pommes de Terre en Provençale.*

Cut some boiled potatoes in slices, rather thick; put them in a stewpan with some butter or oil, parsley, chives, a clove of garlic, all chopped fine; add some salt, pepper, lemon-juice, and a spoonful of vinegar: warm them, and serve them with anchovies, if you like a garnish round the dish.

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PURÉES.

We have already spoken of purées amongst the potages; and we add here, that all farinaceous vegetables, such as turnips, carrots, potatoes, mushrooms, &c. can be made into purées.

*Purée of Onions.*

Cut in slices some large white onions peeled, and stew them in butter: add a little stock, and rub them through a tammy when tender enough, after reducing the sauce to one-half.

*Purée of Turnips.*

Put half a pound of butter into a stewpan, with a dozen large turnips cut in slices; put them on the fire, stir them frequently, and add a spoonful of stock, a spoonful of consommé, and a little flour; let it reduce till it is tender enough to pass through the tammy. Carrots can be dressed in the same way.

*Purée of Mushrooms.*

After cleaning and removing the stalks and skin, fry them in a little water and lemon-juice till their humidity is absorbed, which will be known by the butter oiling. Add some spoonsful of stock, and the same of consommé; let it reduce, and add a little pepper. Stew a blade or two of mace with it, and a few pepper-corns may be used in place of pepper.

*Purée of Lentils.*

Take some lentils; stew them in stock with carrots, onions, cloves, a little bacon, and butter; when done enough pass it through a tamis; put your purée in a stewpan with a little bouillon; stir it, let it boil a little, and skim clear.

*Purée aux Lentilles à la Provençale.*

Take some lentils, wash them, and put them to stew in stock; when half done, add a glass of good olive oil, some cloves of garlic, some onions, with four

cloves, a spoonful of jus maigre, and two glasses of champagne ; when the lentils are cooked, take out the onions and skim them ; then take some crusts of bread, cut them in fine sippets, put them on your dish ; put on them a spoonful of the gravy of the lentils, with a little jus : let them stew and adhere to your dish ; garnish with fried sippets, and pour your purée into the middle of the dish.

Cabbage can be prepared in the same manner, but is coarse.

#### *Purée des Champignons.*

Take some mushrooms, skin and pare them ; fry them in a stewpan with lemon-juice and a little water ; strain, and chop them ; squeeze them in a cloth ; put then a piece of butter into a stewpan with your mushrooms ; when the butter begins to oil, add some consommé ; let it stew till the consistence of a purée : pass through a tamis.

#### *Purée à la Gastaldi.*

Boil some onions in water ; stew them till soft ; add four spoonsful of velouté, a pint of cream or milk, and a bit of sugar ; reduce it till the consistence of a purée, stirring it continually ; when thick enough, pass it through a tamis. If you have no velouté, put a spoonful of flour, some salt, and pepper, in the cream. Onions, after being scalded, can be made a good purée, by cutting in slices and stewing in some blond de veau, salt, and pepper : pass through a tamis, and add some sugar.

*Purée des Carottes.*

Cut in pieces some carrots, about thirty ; put them in a stewpan with half a pound of butter ; add seven or eight onions, cut in quarters : when the butter is melted, add the carrots ; stir them to prevent their sticking ; when soft, moisten with bouillon, and add a small lump of sugar. Let the carrots stew slowly three hours ; then pass them through a tamis, and moisten, to let them pass easier. Put your purée into a stewpan, with four spoonsful of velouté ; let it reduce, skimming it till thick enough. Purée can be made of sorrel, carrots, turnips, and celery, mixed with an onion, a parsnip, and any other vegetable you like, and of chestnuts.

*Purée de Gibier.*

Put in a stewpan three pounds of beef, in slices, three or four old partridges, two pounds of veal, a pheasant, some carrots, onions, three or four heads of celery, three cloves, and some fennel. The partridges must be roasted, and pounded in a mortar, with some bread-crumbs soaked in broth ; moisten the partridges with the stock, after straining it through a tamis, and again rub the purée through a mortar. It must not be too thick or too clear : put it on a slow fire, but do not let it boil.

*Purée des Homards.*

Take a fresh lobster ; take out the meat ; cut it into little dice, and lay it aside on a plate ; then take the parings, the inside, and the pea ; mix it with

some butter, and pound it fine; pass it through a tamis; put it in a stewpan, and warm it in a kettle of hot water: then add the meat, cut in dice, and half a glass of white wine, with a little cream; some pepper to taste. This purée serves for vols au vent, pâtés, and casseroles of rice.

*Purée des Volailles.*

Take a fowl dressed in stock, and any other meat of boiled fowl; take off the skin, and put it in a mortar with three or four hard eggs; pound the meat and eggs to a paste. Take a piece of bread, soaked in stock or milk, and a dozen sweet almonds; pound them also in the mortar; then add some bouillon by degrees, stirring well with a spoon, and taking care that the purée is neither too thick nor too thin, but the consistency of thick cream; pass it through a tamis, and keep it hot till you want it, in a basin placed in a saucepan of boiling water.

*Purée des Pois verts.*

Take three pints of green peas; wash them, and boil them with butter and water; strain them, and then put them in a stewpan on a slow fire, with a bunch of sweet herbs and chives; let them stew about a quarter of an hour, adding some salt and a spoonful of stock; let them stew slowly an hour; pound your peas in a mortar; pass them through a tamis with some cold consommé, if you have any, or some stock. Put your purée in another stewpan, and warm at the moment you serve them.

*Purée des Pois secs.*

Steep in lukewarm water for two hours two quarts of dry yellow peas; put them in a stewpan with a pound of bacon, two carrots, two onions, two cloves, a bunch of parsley, chives, thyme, and bay-leaf; let them stew till done enough; pass it through a tamis, after moistening it with stock; put it again in a stewpan with some stock, skim it, and stir to prevent it sticking to the stewpan: when it is rather thick take it off, and keep it warm till wanted.

The purées are served as top dishes when accompanied by meat; but when eaten alone the dishes are served at the side, and garnished with sippets of bread fried dry in butter.

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## DIFFERENT MODES OF DRESSING EGGS.

*Eggs à la Coque.*

Let them boil three minutes, take them off, and cover them up in a napkin to preserve the milk.

*Eggs mollet.*

Put them into boiling water, and let them boil five minutes exactly; the white will be done and the yolks still liquid. They must be put into cold water when taken out of the saucepan: take off the shell, and serve them with white sauce, caper sauce, sauce Robert, and with different ragoûts.



*Eggs brouillés.*

Break the eggs into a stewpan; put in pepper, salt, and nutmeg grated, a spoonful of coulis, or consommé; beat well together: put in a large piece of butter, and when it is melted and mixed with the eggs, they will be done enough: dish and serve.

Eggs brouillés are also prepared with ragoûts of vegetables, such as asparagus tops, celery, chicory, mushrooms, truffles, &c.: the ragoût ought to be finished just at the moment it is served: you must chop them very fine, and put in two or three spoonful of the ragoût to your eggs, which you mix together and serve.

*Fried Eggs.*

Have some lard very hot in your pan; break in your eggs separately, taking care they do not mix together; fry them a nice colour; serve them with fried parsley, and season with pepper and salt. If for a maigre day, use butter instead of lard.

*Eggs farci aux Anchois.*

Boil some eggs hard; when cold, cut them in two the long way, and arrange the whites on your dish. Take an anchovy for each egg; cut off the head, and take out the bone from the middle; chop them very fine and mix well with the yolks, which you crush; put this forcemeat into a fryingpan in which you have melted some butter; turn the farce till it is moistened with the butter. Put this farce into the hollow of the egg, and serve hot. These eggs are

very delicate. You serve them with or without sauce.

*Eggs farci with Parsley*

Are dressed in the same manner, substituting parsley for anchovy, adding pepper and salt.

*Eggs with Tomato or White Sauce.*

Take hard eggs, cut them in quarters, arrange them on your dish, and pour over them either tomato or white sauce.

*Œufs sur le plat, ou au miroir.*

Take a dish that will stand the fire ; spread a little butter at the bottom, and break in your eggs ; season with pepper and salt. Take care to arrange your eggs at regular distances, and not to mix. Dress them on a slow fire ; pass the hot salamander over them, and serve.

*Œufs à la Neige.*

Take half a litre of cream ; put in some orange-flour water ; mix half a quarter of a pound of white sugar, and put it on the fire. Take eight eggs, beat the whites, and put the yolks aside. When your cream boils, put in by spoonsful your beaten whites, and turn them with a spoon, so that they might be done on all sides. Then take them out, and put them on a dish ; beat your yolks, and mix them with the boiling cream, taking care to stir the mixture so that it should not curdle. Pour it over the whites ; let it get cold, and serve.

*Eggs au Beurre noir.*

Prepare your eggs as for au miroir ; brown some butter in a fryingpan ; when it ceases to burn, pour your eggs in separately ; season with pepper and salt ; arrange them when done on your dish, and pour under them a spoonful of vinegar, warmed in the fryingpan.

*Poached Eggs.*

Have some boiling water in a stewpan, with half the quantity of vinegar, and some salt. Break in your eggs one by one ; when the white is firm, take them out, beginning always with the first broken ; cool them in cold water ; pare, and serve them on a purée of sorrel, chicory, spinach, or any other vegetable you please. You can also serve them with ravigotte sauce.

*Œufs à la Tripe.*

Cut some onions into little dice ; fry them in butter mixed with flour ; when the onion is done enough, put in eggs boiled hard, and cut in slices ; fry them ; add a spoonful of vinegar, salt, and pepper : then serve.

*Œufs à la Crème.*

Put a quart of cream on the dish you mean to serve it on ; boil it till half is reduced ; put in eight eggs, and salt ; let them be done enough, and brown them with a hot salamander.

*Œufs au Gratin.*

Take a dish that will stand the fire ; put on it some bread-crumbs, a bit of butter, an anchovy chopped, and three yolks of eggs ; mix them with some parsley, chives, and some shalots on the bottom of the dish ; put it on a slow fire ; add seven or eight eggs, which you season with pepper and salt ; let them be dressed slowly, leaving the yolk mollet : pass the hot salamander over them, and serve.

*Omelette.*

Take six, eight, or a dozen eggs, according to the omelette you require ; put them in an earthen pan with some salt, and beat them well ; melt some butter in a fryingpan ; pour in your eggs, and let them be a good colour : double them in half, and serve. You may sometimes vary the flavour by adding fine herbs, such as parsley and chives, with pepper and salt.

*Œufs à la Poulette.*

Put a glass of milk into a stewpan with some butter, salt, parsley chopped, and pepper ; boil it, and, ten minutes before you serve, add some hard eggs cut in slices ; put in a chive, which you take out before you serve : add a little flour to thicken your sauce.

Poached eggs can be served with asparagus tops, green peas, or a spinach.

*Œufs à la Maître d'Hôtel.*

Take some hard eggs ; cut them in quarters, and arrange them on a dish that will go on the fire ; put on it a piece of butter, chopped parsley, chives, tarragon, with some salt and pepper ; let the butter melt on a gentle fire ; turn your eggs without breaking them till done.

*Œufs au Caramel.*

Take two dozen fresh eggs ; boil them hard ; separate the yolks from the whites ; pound them in a stewpan with some sugar in powder, three almond cakes or biscuits, and a glass of sweet cream ; make a firm paste, rolled in little eggs, and dip them in a caramel of sugar, a nice pale brown.

*Œufs à la Genevoise.*

Mix the yolks of eight eggs in a stewpan with jus, or blond de veau, some salt, pepper, and a little nutmeg ; pass it through a tamis ; cover the stewpan closely, and put it into a pan of boiling water ; when the eggs thicken, serve hot.

*Œufs au Lait renversés.*

Beat the yolks of eight eggs ; then add a quart of milk that has been boiled ; add a little sugar and orange-flower water ; make a caramel with half a glass of water and some sugar ; when it is a good colour, pour it into a mould, and shake it over so that it spreads on all sides ; then let it cool ; pour your eggs into this mould, and put it into a pan of boiling

water : when done enough, put the mould in cold water, or on ice, and turn it out when you serve.

*Œufs à la Piémontaise.*

Rub a plate or dish with some fresh butter ; sift some bread-crumbs over it ; put on the crumbs some thin slices of Parmesan or Gruyère cheese, chopped fine ; break a dozen of fresh eggs, season them with pepper and salt ; pour over it, and set the dish in the oven, or on hot ashes : finish with the salamander.

*Œufs à la Provençale.*

Pick twelve cloves of garlic ; boil them in water and salt ; pound them with half a dozen anchovies, washed in cold water ; mix them with a little olive oil, which you add by degrees till it is a fine soft paste ; put it on the bottom of a dish, and put on it some poached eggs.

*Œufs en Caisses.*

Prepare some paper cases ; butter them ; shake some grated bread over them ; add some parsley, chives, and anchovies washed and chopped fine, with some pepper and salt ; mix all together ; line your cases with it ; melt some butter in a tart-pan ; put in your cases, which should be the size of a biscuit ; break an egg into each, and on each put some of the seasoning over ; then put them in a hot oven, and when the eggs are done enough, without being hard, dish them in the cases, and serve.

*Omelettes aux Anchois.*

Wash well a dozen anchovies, and let them steep a quarter of an hour in cold water; cut them in fillets, and put them on small pieces of toast, which you dip in boiling water, or butter to soften; break a dozen fresh eggs; season them, and beat well; then heat some olive oil in a pan, and when it begins to boil, pour in half the beaten eggs to form a thin omelette; put it on a dish, and on it put your toast; then make another omelette with the remainder of your eggs, and put it over the toast, which you keep hot, and serve with sauce to taste.

*Omelettes aux Huitres.*

Scald some oysters, and then put two-thirds in a stewpan with a little butter, and moisten them with some of their own liquor, and some coulis, with a little pepper. Take care the oysters are well done. Break a dozen eggs; season them with salt, parsley chopped, and white pepper; then have some sippets of bread about the size of half a crown; give two or three blows of a knife to the oysters that remain, and put them into the beaten eggs with some cream; beat all together, and pour your omelette into a pan with melted butter; stir it till well done; put the oysters and their sauce in the dish; roll your omelette in the fryingpan, and serve in the middle of the ragoût of oysters. This is very good.

Omelettes can be made with crawfish, ham, all sorts of vegetables; or sweet, with preserves spread thin over the omelette before it is rolled; or with rum



to moisten it after it is done, and sugar powdered over.

### *Omelette au Fromage*

Is made with Gruyère cheese, grated and beaten with the eggs; add a little good cream, and season with pepper and salt. Fry quickly, and serve.

You can also make an omelette au fromage in another manner, by sprinkling some grated cheese on a common omelette, and browning it with a hot salamander.

### *Omelette of Red Herrings.*

Take some Dutch red herrings; broil them lightly; divide them into fillets; chop them, and mix the fish with the omelette. Ham may also be used in the same way, instead of the herring.

### *Omelette au Crouton.*

Cut bread in the form of dice; fry them in a pan with butter; beat the eggs, and mix the eggs with them: fry your omelette as usual.

### *Sweet Omelet.*

Beat the yolks and whites of six eggs; grate in the peel of a lemon; add a little cream, and a pinch of salt. Put your omelette into the pan; sprinkle sugar over it; fry it; turn it over into your dish, and again shake sugar over it; brown it with a hot salamander, and serve quick. An omelette can also be served with preserves, thus: Make a common omelet,

adding a little sugar; before you serve, put some preserve on it, and double it over; shake a little sugar, in powder, over it, and brown with the hot salamander.

*Omelette soufflée.*

Break a dozen eggs; separate the whites from the yolks; put to the yolks half a pound of sugar powdered, and a little orange-flower water; beat together till mixed well: whisk your whites to a strong froth, and add to the yolks; melt in a frying-pan about half-a-quarter of a pound of butter; put in your eggs; stir them to mix with the butter; then pour them on a silver dish, buttered; put it into a quick oven; ice the omelette with powdered sugar, and serve quickly when it has taken a good colour, and has risen high. If you delay serving it when ready, the soufflée falls, and is spoiled. This dish tests good cooking, so great care should be taken in serving hot and raising.

There can be a great variation made in the mode of serving omelettes, but it must be always borne in mind that the ragoût which it is served with ought to be previously dressed: for an omelette remains too short a time on the fire for either the meat or the vegetables that accompany it to be dressed.

The following are the principal variations of the omelette:—

An omelette with bacon.

Omelette with veal kidneys.

Omelette with veal sweetbread.

Omelette with onions.

Omelette with truffles.

Omelette with asparagus tops.

The omelette is prepared in the usual manner in each of these dishes, served under the sweetbread and kidney; and in the other receipts the bacon is grated, or cut in dice, and mixed with the omelette, as also the vegetables, and served, in each case, the moment they are done.

*Macaroni: French mode.*

Take half a pound of macaroni; stew it till tender in stock, then drain it through a strainer. Put in a stewpan half a pound of cheese grated, half Gruyère and half Parmesan, with a quarter of a pound of butter, some pepper, and nutmeg; add three spoonsful of cream; mix well together on the fire, till done enough; put it on the dish on which you serve it; then place it in the oven a quarter of an hour to brown. Serve hot.

*(Original.) Macaroni à la Mont Offaley. (English.)*

Take half a pound of macaroni; let it stew slowly, in good milk, till done enough, and the pipes will absorb no more; take it off the fire, and stir into it a quarter of a pound of butter, with a little Cayenne pepper, and salt to your taste; when nearly cold, stir in the yolks of four eggs, well beaten; have ready a quarter of a pound of grated Parmesan cheese; mix this with your macaroni; then pour it on the dish on which you serve: grate some cheese thickly over

it, and put it into the oven for a quarter of an hour or twenty minutes, till a nice brown. Serve very hot.

This is very delicate and rich, and, if tried, will, I think, be preferred to the other receipt.

*Macaroni au Gratin.*

The macaroni must be prepared, as in the French mode, by being stewed in stock, &c. then put in a tart-pan a layer of cheese and butter; then a layer of macaroni; then again the cheese and butter, and so on alternately till all is used. Put it in the oven till done enough, and serve very hot.

*Macaroni aux Marrons (Chestnuts).*

Take twenty chestnuts newly roasted; skin them, and divide them in half; take off the interior skin, and mix them with the macaroni. You must diminish, by one third, the quantity of macaroni, on account of the chestnuts. Finish your macaroni as before, and serve.

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SWEET ENTREMETS.

*Charlotte de Pommes (Apples).*

Take twenty good baking apples, peel, and cut them in quarters; take out the core; chop them, and put them into a stewpan, with a quarter of a pound of butter and the same quantity of sugar, with a stick of cinnamon; stir them with a spoon till they are nearly done; cut some thin slices of stale

bread in the form of a shilling, so that they might be shaped as to cover the bottom of a mould and round the sides: all these pieces must be moistened in melted butter. When you have arranged them round your mould, fill it with the apple marmalade, *cold*, and then cover it with slices of bread; then put it into the oven for twenty-five minutes; serve hot, turning it out carefully on a dish. You can vary your charlotte, if you wish, in a more delicate manner, thus:—Put first a layer of apples, about two inches thick, in your garnished mould, then a layer of apricot marmalade, and so on, till your mould is full, having a layer of apples last, and then the slices of bread: finish as before.

#### *Charlotte Russe*

Differs from the preceding by using Naples biscuits in place of bread, or any kind of sponge-cake cut with a round cutter; fill the mould with apples cut in quarters and stewed in butter; also different kinds of preserves: finish in the same manner.

#### *A Charlotte Russe à la Crème.*

Fill a buttered mould with long Naples biscuits, which you cut so as to fit closely round; then fill it with cream made as follows, covering the top with Naples biscuits or not, according to taste:—Take a quart of good cream, boil it with some sugar and vanilla till it has a strong flavour; have an ounce of isinglass dissolved and clarified; add this to the boiling cream; whisk it till nearly cold; fill your

mould, and if convenient, ice it, if not, place it in a cellar till cold, and when you want it, turn it out carefully on the dish which you serve it on. This is a delicious and an elegant dish.

*Pommes au Beurre.*

Take a dozen apples—rennet pippins are best; peel them, and take out the core with a scoop. Arrange your apples on a tart-pan on some grated bread-crumbs, and moisten them with melted butter; fill the opening where the core was with sugar, a bit of butter, and a clove; put the pan into a slow oven, and bake. Serve hot on the same dish.

*Beignets des Pommes.*

Cut some rennets or other apples, after having peeled them; take out the core; put them in a marinade of brown sugar, grated lemon-peel, and some orange-flower water; leave them for some hours to steep in it; then dip them in a batter made with flour wet with lukewarm water, and mixed with the yolks of eggs and a few grains of salt; fry them a good colour; sprinkle them with sugar, and serve hot. Peaches, pears, oranges, and apricots, can be dressed in the same manner. The peaches and apricots must be cut in quarters.

*Beignets à la Crème.*

Take a quart of cream and milk, with a pinch of salt and some lemon-peel; reduce it to nearly half; then add as much flour as will make it a thin paste;

roll it out on a pasteboard and cut it into small pieces, of a regular form ; steep them in a batter made as for the beignets des pommes, and fry them. Ice your beignets with sugar ; serve.

*Pain perdu.*

Put in a deep dish five or six eggs, which you must beat well, with a spoonful of orange-flower water, a little brandy, and the raspings of a lemon : beat well ; cut slices of bread about a quarter of an inch thick ; put them into the dish with the batter, and let them steep an hour ; fry them and serve hot, sprinkling sugar over the bread, which must be stale, or it will crumble away.

*Pets de Nonne.*

Put in a stewpan a pint of cream, a spoonful of orange-flower water, two ounces of sugar, and an ounce of butter, with a pinch of salt ; when the cream begins to boil, sprinkle flour into it with one hand, turning it with a spoon with the other, till it becomes very thick ; continue stirring until it is done enough ; take it off the fire ; break an egg, and turn it into the paste till well mixed ; then add another, and continue by degrees till you have mixed in eight. It is essential not to discontinue beating and turning the paste, as it will render it light. Have some batter very hot ; take a spoonful of the paste about the size of a nut, and drop it into the batter ; continue till all is in ; take them out as done. Serve them hot, with sugar sprinkled over them.



*Gâteau de Riz.*

Take half a pound of rice well washed ; put it on the fire to swell, with a wine-glassful of water, some lemon-peel, and a few grains of salt ; moisten by degrees with a quart of cream ; add sugar to taste, a bit of fresh butter, some orange-flower water, six or eight eggs, leaving out half the whites ; mix well together ; butter a mould well, and pour in your mixture ; bake an hour in the oven.

*Gâteau d'Amandes.*

Put on your paste-board a quart of flour ; make a hole in the middle ; put in it a bit of butter about half the size of an egg, four eggs, yolks and whites, a pinch of salt, two ounces of fine sugar, half a pound of blanched almonds ; knead the whole in the shape of a cake ; glaze it with the yolk of an egg well beaten ; bake it, and brown with a salamander.

*Souffle de Pomme de Terre (Potatoes).*

Take a pint of cream, a quarter of a pound of sugar, six spoonsful of potato-flour, four yolks of eggs ; dilute the flour with the eggs and cream ; add a piece of butter the size of an egg, and a little lemon-peel ; put this mixture on the fire ; let it boil a few minutes, stirring it ; let it get cold ; then add six yolks of eggs ; beat all together ; whisk the whites of four eggs, mix them quickly and lightly with the rest ; put all in a pan, and put into the oven till it is done. Serve quickly.

*Crêpes (Pancakes).*

Take a quart of flour ; dilute with water till thin enough ; add six eggs, a spoonful of brandy, and a few grains of salt, till your batter is a proper consistency ; put into a fryingpan some butter or lard ; when hot, pour in a spoonful of the batter, which shake over the pan till it is thinly covered ; fry till done enough ; turn lightly, and serve. To my taste, the English pancakes are better, from milk being used ; *mais chacun à son goût.*

*Croquettes de Riz.*

Swell half a pound of rice, as for the gâteau, and prepare it in the same manner ; make little bullets, and dip them in eggs beaten, and shake bread-crumbs over them ; dip them a second time, and fry. Serve with sweet sauce.

*Plum Pudding : French mode.*

Take a pound of suet, or, better, a pound of beef marrow, a pound and a quarter of flour ; the same quantity of raisins stoned ; add a pound of currants, half the peel of a lemon chopped fine ; put all into a large basin ; add four eggs well beaten, yolks and whites, a spoonful of orange-flower water, a quarter of a pint of cream, and a small glass of brandy ; after mixing well, add another glass of milk and some bread-crumbs, enough to give the plum-pudding a good consistence ; put it into a pudding-cloth, and boil it four hours, without ceasing, in a kettle of water ; take off the cloth, and

serve. It can be eaten hot or cold. Cut it in slices ; put it on a silver dish, and pour rum over it, which you set on fire.

Now I will give my own receipt for plum-pudding in the English way.

Take a pound of suet finely shred ; the same quantity of flour ; mix together well ; then add rather less than a pound of good moist sugar, or white, if preferred ; mix each ingredient separately, a pound of raisins stoned, a pound of currants washed and dried, the juice of two lemons, the rind of one cut thin and chopped, a quarter of a pound of almonds blanched and cut in quarters, an ounce of preserved orange-peel, the same quantity of preserved citron cut in pieces, a nutmeg grated, a little pounded cinnamon, three cloves, and some coriander seed in powder, about a quarter of an ounce ; when well mixed, add eight eggs well beaten, about a gill of milk, and two good glasses of brandy ; mix well together, and the more you do so the better and lighter your pudding will be ; make it the day before you want it ; let it stand till the morning ; put it into a buttered mould that will just hold it ; tie a buttered and floured cloth over the pudding, and let it boil seven or eight hours ; turn it out, and if at Christmas, serve it with brandy in flames over it, and a sauce made of melted butter thickened with arrowroot, a glass or two of sherry, and white sugar to taste. This will be found a delicious pudding, I will answer for it.

## CREAMS AND JELLIES.

*Une Mirage à la Russe (Russian Cream).*

Take the whites of ten eggs, beat them well by themselves for about twenty minutes ; then shake in lightly a pound of sifted lump sugar ; turn it gently round with a spoon two or three times, but on no account whip it again, as that would melt the sugar ; the mixture must be immediately put into paper shapes of three different sizes ; bake them for a few minutes in a *warm* oven, to colour them ; then put them into a very *cool* oven for eight hours, to dry them perfectly ; place them on a dish, one over the other ; whip some cream with a little white wine, some sugar, and a few drops of essence of almonds or vanille ; place the cream as you beat it to a stiff froth over the rocks, leaving parts uncovered ; you may garnish your dish with strips of candied angelica. This is a pretty dish for dinner or supper.

*Un Bavaois (a Raspberry Cream).*

Take a quart of cream, sweeten it to your taste, and put it on the fire till it boils ; then add an ounce and a half of clarified dissolved isinglass, also hot ; stir together well till mixed ; add half a pint of raspberry jelly, or in summer, the juice of the fresh fruit strained ; whisk well together till nearly cold, then put it into your mould till it is fit to turn out : you may ice it if convenient. Strawberry juice or jelly may be used instead of the raspberry, but in

this case a little red currant syrup or juice should be added, to give it a deeper colour.

*Crème à l'Orange (Orange Cream).*

Wipe a Seville orange with a wet towel, and grate off the coarse parts of the rind ; then pare and boil the rind till it is quite soft, changing the water, or it would be too bitter ; beat it when done enough in a mortar, and put a spoonful of curaçoa or ratifia, or, if not convenient, plain brandy, with four ounces of fine sugar and the yolks of four eggs ; beat these ingredients well together for a quarter of an hour, and add by degrees a pint of cream that has been boiled, and an ounce of dissolved isinglass ; beat all together till nearly cold, and then set in your mould. You may vary this cream by leaving out the isinglass, and putting the mixture when cold into custard-cups or a deep dish, and set them into boiling water till quite hot ; then let it thicken by cooling, and when you serve it, garnish your cream with thin orange parings cut into long strips. This is a delicate and good cream.

*Un Hongrois (a Raspberry Shape of fresh Fruit).*

Put fresh raspberries or strawberries, with a few red currants picked from the stalks, into an earthen pan, with sifted sugar to draw out the juice ; let them stand a day or night ; mix well together ; add a little water ; run the juice through a jelly-bag, and stir in an ounce of cold isinglass to the quart of juice ; then let it stand a few hours, and you may turn it out of your mould. Some boil the expressed

juice with the sugar before adding the isinglass, but the colour is not so fine.

*Eponge d'Orange (Orange Sponge).*

Dissolve one ounce of isinglass in half a pint of water ; strain it, and when cold, add it to the juice of two China oranges, four Seville oranges, and one lemon ; sweeten it to your taste ; then whisk it till it turns out like a sponge, and put it into a mould : it may be turned out in a few hours. It may be made with the juice of three lemons and one China orange, to vary it, in place of the Seville oranges.

*Calves' Feet Jelly. Excellent.*

To make the stock, take four feet, and boil them in six pints of water till they are reduced to four ; strain it, and when cold, take off all the fat with a spoon first, and then wipe it with clean paper.

Squeeze the juice of eight lemons, the rind of two, a quarter of an ounce of clarified isinglass, three quarters of a pound of loaf-sugar, the whites of eight eggs beaten to a froth ; mix all together before you put it on the fire. It must be stirred till quite hot, then let it boil fast two or three minutes, and pass it through the jelly-bag ; when clear, add rather more than half a bottle of white wine : by adding the wine after your jelly is strained, half the usual quantity is sufficient, and the flavour is finer. The usual mode is to boil the wine with the jelly, but this method is not so good.

The above quantity is sufficient for two shapes.

*A Macédoine*

Is made with different coloured jellies in layers, each layer being nearly cold when put on the other; the red-colour jelly may be of fruit prepared with isinglass or calves' feet jelly, coloured with cochineal: a little brandy must be added to the coloured jelly, as the cochineal flavour must be overpowered.

*Jelly with Fruit.*

This is an elegant and pretty dish. Fill your mould with clear calves' feet jelly; when nearly cold, arrange your fruit, such as cherries, currants, grapes, or cranberries, tastefully, in bunches, and put them into your mould; or stone apricots and peaches, and put them in the centre, with smaller fruit round, in a sort of wreath, and the effect when turned out will be very good. Raspberries or strawberries, preserved or fresh, are very good; as are brandy cherries or other fruit: but if preserved, they must be carefully drained from the syrup, or the colour of the jelly will be spoiled.

*Orange Jelly.*

Take twelve oranges, squeeze the juice into a pan; grate the rinds of three; also a lemon; add to it half an ounce of isinglass dissolved, three quarters of a pound of sugar clarified in a tablespoonful of water; boil it up; strain it through a jelly-bag, and put it in your mould: a little lemon-juice is an improvement.



*Another Orange Jelly. Excellent.*

Grate the rinds of two lemons and two China oranges; add them to the juice of two lemons, two Seville oranges, and six sweet oranges: strain. Take a quarter of a pound of sugar, or more if the oranges are sour; boil the sugar till clarified in a small teacupful of water; cool it; take one ounce of isinglass and dissolve it in a large teacupful of hot water; strain it, and add it to the juice and sugar; give all a boil up, and strain it through a jelly-bag into your moulds.

*Charlotte Russe.*

Line the inside of a plain round mould with Savoy biscuits, cutting and placing them at the bottom to form a rosette, and placing them upright round the sides close together; fill them with a cream made as follows:—Take a pint of cream; mix with it sugar to taste, some essence of vanille or lemon-peel, a glass of white wine, and half an ounce of dissolved isinglass; whip it well together till quite stiff; fill your mould with it, and place the dish in ice if you have it, or in a very cold place; let it stand eight hours, then turn it over, and remove the mould.

*French Custard.*

Take a pint of thick cream; sweeten it to your taste; boil it with some vanille; have the yolks of six eggs well beaten; add your boiling cream, pouring it backwards and forwards quickly to prevent its

curdling; when cool, put it on the fire to thicken, stirring it one way till nearly boiling; take it off, still stirring it, till cold; then pour it into a shallow dish; when quite cold, lay on it the whites of four eggs, beaten to a firm froth, and sift over it fine powdered sugar; put it into an oven till a light fine brown; garnish with strips of angelica: it is served cold. The custard might be used to make tourtes, and the flavour varied with lemon or chocolate; but it is not then iced with the egg or sugar, but poured into a shallow dish, lined with paste already baked, and it is then put into an oven for a quarter of an hour, and served cold.

### *Nougat.*

Take two pounds of Jordan almonds and one pound of sugar; shred your almonds after blanching them, and put them into the oven on a tin plate to colour nicely; melt your sugar on the fire, and when it comes to a boil in small bubbles, put in your almonds *hot* for a few minutes; take them out, and with a lemon press them out on a tin plate; then take an oiled mould, which must be drained from all superfluous grease, and line it with the nougat, pressing it firmly with the lemon to make it stick to the mould closely; you must not let it cool (or it will be brittle) before you use it, but if cold, you can heat it again, though it does not answer as well as when used before it cools. In Paris, pistachios are added, cut small; and sugar in little lumps can be strewed

in when hot. For small nougats the almonds must be cut in strips.

*Nougat. Second Receipt, more simple.*

Take a pound of sweet almonds ; blanch them ; cut each almond into four or five slices ; dry them on a slow fire, taking care not to let them burn. Put into a fryingpan three-quarters of a pound of sugar in powder ; when melted, throw in your almonds hot ; mix them well together, and put a layer round a buttered mould ; smooth them round equally with a lemon. When the nougat is cold, take it out of the mould.

*Rouge Roquelocum, as made in Constantinople.*

Take sugar, dissolve it in as strong a syrup as can be made ; colour some red, and have flat, square shapes ; pour the syrup in hot, and strew almonds cut in four, after being blanched with pistachios cut small ; let it cool ; and if not quite hard when cold, put your shapes into a cool oven to dry : the shapes should be of tin, to turn out, and first oiled ; it should be about an inch thick. This is a favourite sweet, and eaten as a *bôn bon* ; it is cut up in bits to be eaten, and is delicious.

*Roquelocum au blanc.*

Take a pound of the finest brown sugar, put it on the fire in an iron saucepan, with about a quarter of a pound of fresh butter ; mix well together, till

the sugar is melted, and it is boiling hot; pour it on your marble paste-slab; work the sugar with your hands till quite white, and as hot as you can bear it; strew almonds cut in small pieces over it, and flatten with a roller into long square cakes. This will not be so firm as the rouge. Bear in mind, that the more it is worked the firmer it will be, and this paste should not be worked more than is absolutely necessary. A few drops of any essence, such as vanille or orange-flower water, may be added when melting.

Neither of these receipts have been published before; simple as they seem, they require great care, and both are sold at four francs a-pound in France, though the cost is not more than a franc and a half; and in England will be less, from sugar being cheaper.

#### *Crème Vierge.*

Boil a pint of milk, half a pint of cream, and sugar to your taste; reduce it a fifth, and put some lemon-peel into it to steep; when it is barely lukewarm mix with it the yolks of eight eggs well beaten; strain it through a sieve, and put it in a basin, which place in a saucepan of hot water till it is thick enough; keep turning it the whole time; then pour it on the dish in which it is to be served. Take the whites of the eight eggs and beat them to a strong froth; place this on your cream in a dome, and sift fine sugar powdered over it, and brown it with a hot salamander.

*Crème à l'Eau.*

Grate a rind of a lemon, and add it with some sugar to a pint of water ; boil it, and then add the yolks of twelve eggs well beaten ; when cool, put it in a bowl in a saucepan of hot water till done enough, and then pour it into the dish on which you serve it, cold, garnished with slices of lemon and angelica.

*German Cream (à l'Allemande).*

Take a pint of Rhine wine, put in sugar to taste, a little cinnamon, and boil it half an hour ; mix it when lukewarm with the yolks of eight eggs, strained after being well beaten ; when cool, put it in a bowl in a saucepan of hot water till done enough, and then pour it into the dish on which you serve it, cold, garnished with slices of lemon and angelica.

*Almond Cream.*

Blanch and pound well together two ounces of sweet almonds, five or six bitter ; mix them with some milk, which you have previously mixed with some sugar and lemon-peel ; add the yolks of six eggs, mixed with a little of the same cream ; strain it through a sieve, and put it on the fire till nearly boiled, turning it all the time ; then pour it on your dish, which should be glass.

*Crème au Thé (Tea Cream).*

Take some good green tea, and infuse half an ounce in a pint of milk, which you pour boiling hot

over the tea ; cover it, and when it has infused a quarter of an hour pour off the milk, mix it with half a pint of cream and the yolks of six eggs ; strain through a tamis, and put it in a basin (not a saucepan) of hot water, or on a gentle fire, till thick enough.

*Crème au Caramel.*

Pound fine a quarter of a pound of sugar, put it into an iron saucepan, not tinned, and let it melt on the fire ; let it take a good light colour ; take some orange-flower water, mix it with half a pint of cream, four yolks, and one whole egg well beaten ; put the bowl containing the mixture into a saucepan of boiling water on the fire, taking care that it does not boil.

*Crème renversée.*

Make a caramel with a quarter of a pound of sugar and a spoonful of water ; pour it quickly into a dish that has been heated with warm water, that the caramel might not dry before it has spread all over ; add your cream, which is made as follows :— Beat seven eggs, as for an omelet ; add half a pint of boiling milk, sweetened to your taste ; flavour with some essence of vanille or orange-flower water ; set it on in a bowl in a pan of boiling water till done ; when cool, turn it out quickly, leaving the caramel at the bottom of the bowl on the top. Some cooks put a custard on the dish.

*Crème de Fraises (Strawberries).*

Take about a quart of strawberries, picked,

washed, and drained; mash them in a marble mortar; boil a quart of cream with a quart of milk, sweetened to taste; let it reduce one half, and when cool mix your strawberries with it; add also about the size of a coffee-grain of rennet; when the milk is lukewarm pass it through a tamis, and put it into a pan which will stand the fire: put this on, warm cinders on the top; when it has set put the dish in a cool place, or on ice, till you serve.

*Crème Framboises (Raspberries).*

It must in part be made in the same manner, with this difference,—When your cream is reduced and you take it off the fire, add the yolks of two eggs well beaten, which you have previously mixed with two spoonsful of cream: put it for a few minutes on the fire, stirring the cream to let the eggs be done enough without boiling, or it will turn; then finish as for the *crème de fraises*.

*Whipped Cream.*

Put a pint of good cream in an earthen pan with a little orange-flower water, half a quarter of a pound of white sugar in powder, and about the size of a nut of powdered gum dragon, sifted; whip your cream, and as it becomes a strong froth skim it and put on a tamis over a basin; whip the whole, and the drainings; dress your cream in a glass, and garnish with preserved citron cut fine, and strew some over the cream.



*Orange-flower Cream in Cups.*

Put in a pint of milk three ounces of sugar and a spoonful of orange-flower water ; boil this, and let it cool ; add six yolks of eggs, mix well together, and pour into your cups : set them in a pan of boiling water which reaches three parts high ; cover the pan, put some fire on the cover, and let the water boil gently till the cream has set. Serve cold. Vanille may be used in place of the orange-flower water or lemon-peel.

*Crème blanche au naturel.*

Take a pint of milk or cream and a little sugar, boil together till reduced a third ; let it cool ; add when cool a little rennet dissolved in water ; mix it in the cream and strain it through a tamis. Take the dish on which you serve it and put it over some warm cinders or in an oven ; pour your cream in it, cover it over, and on the cover put some warm cinders ; leave it there till the cream has set, then put it in a cool place.

*Fromage whipped à la Crème.*

Make a good curd, drain it well, thin it with some cream, and flavoured to taste ; put it into a little basket in the shape of a heart, on a fine napkin ; let it drain till firm, turn it out, serve with thick cream round, and sift some sugar over it.

*Another way.*

Make the curd in the morning to serve at dinner,

and proceed thus :—Take a large piece of curd, well drained ; crush it, and press it through a strainer ; mix it with some boiled cream, and cold ; beat some whites of eggs to snow, three whites for eight spoonsful of the curd ; mix all together with a silver fork ; then place it in the basket, as before, on a napkin ; let it drain till you serve, and serve it with cream as before.

*Charlotte Russe aux Pommes.*

Line a mould closely with Naples biscuits ; cut them to make a rosette at the bottom ; put them close round ; take some apples, peeled and cut in quarters, and stewed in butter and sugar till done ; drain them, and line the mould round inside the biscuits, leaving room in the centre for some currant jelly, which pour in melted but not hot. Let it cool on ice or in a cellar ; turn it out the moment you serve. It requires care.

*Pommes à la Gelée de Groseilles.*

Take some fine rennets, or pippins, or any good baking apples ; put them in a covered pan in the oven, with fire on the cover ; turn them two or three times when baking ; let cool. At the moment you serve them place them on your dish, and fill the holes made by the removal of the core with currant jelly : sift fine sugar over them.

*Pommes en Miroton (Apples).*

Take about fifteen apples, peel and take out the

core, and seven or eight in thick slices, and make a marmalade with the rest ; spread on a dish a layer of apricot marmalade, then some of the apples, then the sliced apples ; cover all with the marmalade, and put it in the oven till done enough. Serve in the same dish.

*Crème fouettée.*

Whip your cream as before, and give it any flavour you please ; add a small bit of gum dragon in powder, to make it stronger ; mix your sugar with the essence you wish, grate your lemon-peel, or pound your vanille. If coffee, half a cup of strong, three spoonsful of chocolate, a glass of rum or maraschino ; if red fruits, squeeze the juice and add to the cream.

*Crème à la Frangipane.*

Mix together two spoonsful of flour with the rind of a lemon grated, some orange-flower water, and a pinch of salt ; mix it with three eggs, whites and yolks, a little good milk, and some sugar ; put it on the fire for half an hour, stirring it all the time : when cold, it serves to make cakes.

*Crème au Café.*

Make some very strong coffee, without boiling ; put it into a pint of good milk ; add some white sugar, six yolks of eggs, and three whites well beaten, with three or four spoonsful of good cream. Put your cream in the dish you mean to serve it in,

and put this dish, well covered, on a saucepan of boiling water, till your cream is set; strew pounded sugar over it; brown it with a salamander, and serve it cold. An ounce of isinglass melted and added to this cream put into a mould will turn out and be a pretty dish.

### *Crème au Thé*

Is made in the same manner, only instead of coffee infuse some tea in the cream for half an hour; boil and strain it through a tamis, and add the eggs and sugar as before.

### *Crème au Chocolat.*

Scrape half a pound of chocolate and put it on the fire, in a quart of good milk or cream; boil it till it is reduced to two-thirds the quantity; add the yolks of eight eggs, and two whites beaten to a froth: finish it like coffee cream.

### *Crème à la Vanille.*

Take a quart and a quarter of a pint of milk, boil it a quarter of an hour, with half a pound of sugar and two sticks of vanille; then take it off the fire, strain it through a tamis, and mix the whites of three eggs and the yolks of six well beaten; finish it by putting it in the dish you wish to serve it in, and placing that dish, well-covered, over a saucepan full of boiling water till the cream has got thick and set. Sprinkle white sugar over it, and brown with the salamander.

*Crème à la Fleur d'Orange*

Is made in the same manner, adding four spoonsful of orange-flower water, the yolks of eight, and the whites of six eggs, beaten well.

*Crème au Citron*

Is made in the same manner as the vanille, only substituting lemon-peel for vanille.

*Crème frite (fried).*

Take a pint of good milk, or, better still, cream, a quarter of a pound of sugar, a spoonful of orange-flower water, and the yolks of four eggs well beaten; mix with these ingredients sufficient flour to form beignets; shake bread-crumbs over them; dip them in the beaten yolks of eggs, again shake crumbs over them, and fry a nice brown. Serve quickly.

*Another way.*

Mix two eggs and some flour; then add four eggs, and a point of milk boiled with some lemon-rind; take out the peel, add a quarter of a pound of sugar, a bit of butter; let it boil: when it is cold, then add a little orange-flower water, the yolks of four eggs, some pounded macaroons; pour the mixture on a buttered dish: when cold, cut it into lozenges; dip them into the yolk of an egg, beaten; shake a few crumbs over them, and fry. Serve them with sugar powdered over them.

*Crème à l'Espagnol.*

Take a quart of good cream, and put in it a spoon-

ful of orange-flower water, with two ounces of sugar, two fresh eggs, yolks and whites, and whip the whole together till the cream is thick; then put it into a compotier on a hot hearth; cover it closely, and put fire on the cover. When the cream has set, take it off, and put it on ice, or in a cold place, till you serve.

*Pommes au Riz.*

Peel and scrape out the core of a dozen fine apples; stew them slowly in a syrup of sugar and lemon-juice, till done enough; boil half a pound of rice in milk, till tender, adding the milk by degrees; when done enough, add sugar to taste, a pinch of salt, and some grated lemon-peel; when done enough, spread some rice on a dish; place some apples on it, then add more rice, and again apples, in a pyramid, filling up with the rice, and put it in the oven to bake a good colour: garnish with some preserved fruit round.

*Blanc Manger à la Français.*

Make some almond milk as follows:—Blanch half a pound of sweet almonds and an ounce of bitter; drain and wipe them with a napkin; pound them to a paste in a marble mortar; add a quart of water, beating; then squeeze out all the juice through a napkin, twisting it hard; add some sugar, half a pint of cream, a little orange-flower water, and some dissolved isinglass: put it on ice to cool.

*Pommes Meringue.*

Put some apple marmalade on a dish; cover it

with some whites of eggs beaten to a strong froth ; sift some powdered sugar, mixed with grated lemon or orange rind ; put it in the oven to colour. Serve cold.

*Crème grillée.*

Dry in an oven till crisp two ounces of sweet almonds, with three or four bitter, and a little orange-flower ; pound them together, and put it into a pint of boiling milk strained through a tamis ; add half a pound of sugar, four yolks, and two whites of eggs ; mix all together and strain ; pour it into custard cups, and set them in a pan of boiling water till done.

*Fromage à la Conti*

Is made in the same manner, adding some cheese-colouring, and serving with cream and sugar.

*Another mode, called la Dauphine.*

Boil your cream with sugar and a stick of vanille ; let it get cold, and then whisk it well into a froth ; then put it into a strainer, or basket, on a napkin, the shape you wish : when well drained, turn it out and serve.

*Crème en Hâte.*

Take six eggs, six spoonsful of flour, quarter of a pound of butter, the same of sugar ; beat separately the yolks and whites with lemon-peel and sugar ; add the flour by degrees : melt the butter. When all



are beaten together, add the whites, and put it into a tart-pan ; cover close, and put hot cinders on the top ; twenty minutes will do it. You may put a quarter of a pound of almonds, and leave out half the flour. You can add in place vanille or orange-flower water.

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## DISHES FOR SECOND COURSES.

### *Biscuits Ordinaire.*

Beat well separately the whites and yolks of four fresh eggs ; add to them half a pound of sugar, the rind of a lemon or orange grated, and half a pound of flour ; mix lightly into a paste ; roll it flat, and cut out your biscuits with a cutter ; powder sugar over them, and put them in an oven till done a brown colour.

### *Massepains.*

Take a pound of sweet almonds ; blanch and pound them ; moisten with the whites of three eggs ; then mix them with some apricots, or apple marmalade, or any preserve not liquid, and a little orange-flower water ; when well mixed, put it on a stewpan, with some powdered sugar, to dry on the fire ; then put it on your marble slab, and mix it with fine sugar ; when the paste does not stick to your hands, roll it, and cut into different shapes.

*Talmouses à la St. Denis.*

Put into a stewpan a glass of water, half a quarter of a pound of butter, and a pinch of salt ; when the water begins to boil, add two spoonsful of flour ; mix well together, and take off the fire ; add then as many yolks of eggs as will render it moist ; add some cream curd, well drained, made the same day ; mix your curd well with the paste ; then put on some patty-pans a square of paste ; put on each piece about the size of a small egg of the curd, and then turn in the four corners of paste over it ; egg over the talmouses, and bake them of a nice colour.

*Croutes aux Fruits.*

Butter a tart-pan ; have some small rolls which you cut in four, and take out the crumb ; arrange the crusts in the tart-pan, as many as you require to fill it ; place in each some fruit, taking out the kernel ; let it be half a peach, apricot, plum, or strawberries ; add in the middle of the fruit some powdered sugar, and a bit of butter ; place your tart-pan on a slow fire ; cover it close, with hot ashes on the top, till done enough. Serve very hot in the tart-pan, or take them out and arrange them on a dish, with sifted fine sugar.

*Beignets glacés.*

Take some fine flour ; make a batter with cream, four yolks of eggs, and a bit of curd ; make it boil to the consistency of thick batter ; butter a plate, and pour your mixture into it ; when cold, cut it into

lozenges, and fry them a good colour ; powder with sugar, and ice them with a salamander. You may add almonds, blanched and pounded, with milk.

*Gâteau de Riz.*

Swell half a pound of rice in milk, with some butter, till quite tender ; add some sugar, a pinch of salt, some lemon-peel ; when done enough, take out the lemon ; beat well four eggs separately ; butter a mould, and sift sugar over it ; pour in the rice, and let it bake an hour. If any rice is left, roll it in balls or lozenges ; dip each into the beaten white of an egg ; then flour it, and fry ; sift sugar over, and serve hot. Semolina may be used instead of rice, but add two more eggs, and in place of sugar put bread-crumbs over the mould.

*Gâteau de Marrons.*

Boil and prick half a hundred chestnuts ; pound them in a mortar ; when quite fine, add a quarter of a pound of sugar, some lemon-peel chopped fine, and a glass of good cream : bake it in a buttered mould, and sift sugar over it.

*Gâteau de Pommes de Terre.*

Boil some potatoes, skin them, and mash them with some butter ; mix it with some milk, like a batter ; add a glass of brandy, two spoonsful of sugar, and grated lemon-peel ; let it simmer till done ; then let it cool ; add the yolks of three eggs beaten with milk ; stir all together, and add the whites beaten to

snow; beat all well, and butter your tart-pan; bake it in a hot oven.

*Punch au Rhum.*

Take the juice of six lemons, and the rinds of two cut fine; mix together with a bottle of rum and half the quantity of brandy; sugar to taste; strain it through a silk sieve; add double the quantity of boiling water. Serve hot.

*Punch au Thé.*

Make some good green tea; add an equal quantity of brandy, sugar to taste, the rind of a lemon; take off all the white skin of the lemon, and cut the peel into thin slices; set the brandy on fire, and add the lemon, sliced, to the boiling brandy: then add the tea, stirring it to keep it boiling. This punch is generally drank hot, and is agreeable and strengthening, and very good after fatigue or wet, and it may be drank without fear of any ill effects.

*Flan.*

Mix a spoonful of flour with a spoonful of brandy or orange-flower water, eight yolks of eggs, and a little salt; when well mixed, add a quarter of a pound of sugar to a pint of milk, and pour over your eggs, stirring the whole time; put it into a buttered tart-pan, and put it in the oven: half an hour will cook it; powder it with sugar, and brown it with a salamander, and then serve.

*Tourte à la Moëlle.*

Take a pint of cream ; put half into a stewpan ; when it boils, add a spoonful of flour ; add four eggs, and a bit of butter to the remaining cream ; stir all ; when cold, put it into a tart-pan, cut in pieces of marrow, some citron, sugar, cinnamon, or nutmeg, and lemon-peel grated, and then bake it.

*Mousse Italienne, ou Zambayon.*

Beat eight yolks of eggs with three glasses of Madeira, a quarter of a pound of sugar, and a little powdered cinnamon ; put them in a stewpan on a very quick fire, and whisk without stopping till there is a high froth. Serve in little cups, or in cups of cream, sweetened to taste.

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## COMPOTES

Are fruits not sufficiently boiled to preserve. The fruits mostly used are pears, apples, cherries, currants, gooseberries, plums, apricots, peaches, strawberries, raspberries, and quinces.

*Compote of Apples.*

Cut your apples in halves, or quarters, according to their size ; take out the cores, put them on to stew with sufficient water, and sugar to your taste ; when done enough serve them with their syrup,

which you must reduce. A little lemon-peel improves the flavour.

*Compote de Poires.*

Throw your pears into boiling water; then put them into cold water: peel them, scoop out the core, cut off the stalks, and put them again into cold fresh water. Boil the sugar, according to the quantity of the pears, with a glass of water, to a clear syrup; then put in your pears, with some slices of lemon, to preserve them white, and a little cinnamon. When done enough, and the syrup is rich, serve.

*Another way, with Wine.*

Put the pears, peeled, into a stewpan, with a glass of water, some cinnamon, sugar, and a few cloves; let them stew slowly till half done; then add a glass of good red wine. When done enough, arrange them in the compotier; reduce the syrup, and pour over the pears. You may use white wine and lemon-peel in place of the red wine and olives.

*Compote de Cerises.*

Put a glass of water and your sugar on to boil, till the syrup is clear; add your cherries, after cutting off the stalks; let them boil up a few times, and serve.

*Compote of Currants.*

This is made the same way, but the currants must be in bunches.

*Compote of Gooseberries*

Is also made in the same manner, skimming it clear from the scum that rises on the gooseberries.

*Compote of Plums.*

Scald your plums till soft, then put them into cold water. Have a good syrup ready, into which put your plums: they must not boil. This compote is served cold.

*Another Mode.*

Take a pound and a quarter of plums, wash them well; put them into a stewpan, with a glass of water, a glass of red wine, half a pound of sugar, and a little cinnamon; let the plums simmer slowly in the syrup for an hour: if the syrup is too thin, reduce it. Serve cold.

*Compote of Apricots.*

Scald your apricots in boiling water; when they become soft, take them out and put them into cold water; put a quarter of a pound of sugar and a glass of water into a pan; put in your apricots; let them boil up two or three times, then arrange them in your compotier; put the syrup over them, and serve cold.

*Compote of Peaches.*

This compote is made the same as the apricots. Put the peaches in, in halves or whole. They must be peeled after they are scalded.



*Compote of Strawberries or Raspberries.*

The strawberries or raspberries, after being picked, must be put into a strong boiling syrup made with sugar and a glass of water. After a few minutes, take off your pan, and let the fruit cool; then again put it on the fire, and let them boil up; then take them out of the syrup quickly, and arrange them in the compotier, putting the syrup, when cold, under them.

*Compote of Quinces.*

Put three fine quinces into boiling water to scald: take them out when they feel soft, and put them into cold water; peel and cut them into quarters; take out the cores and pippins. Put a quarter of a pound of sugar in a preserving-pan with half a glass of water. When the syrup is boiling, skim it, put in the quinces, and serve them with the syrup reduced.

*Compote of Chestnuts.*

Roast some chestnuts and peel them; then put them into a preserving-pan with a quarter of a pound of sugar and half a glass of water; let them stew slowly till sweet enough; then serve, adding the juice of a lemon, and sugar sifted over them.

## PUDDINGS.

*Amber Pudding.*

The yolks of four eggs, well beaten; half a pound of sugar, pounded; quarter of a pound of butter, melted, well stirred and mixed together. Put puff-paste round the dish and bake it half an hour.

*Curates' Puddings.*

Three eggs and the weight of three eggs in butter, sugar, and flour; beat the butter to a cream in a bowl; then the three eggs (well beaten) to the sugar and flour. Put into small cups, and bake them about twenty minutes in not too quick an oven.

*Orange Pudding.*

Put the peels of two or three oranges into water for three days (changing the water daily); then boil them tender and beat them to a pulp; add the yolks of two eggs, two ounces of butter, and two of sugar; mix all well together; put a rich paste on your dish; use a moderately-heated oven for baking the pudding.

*Another way.*

To the grated rind of a large Seville orange put four ounces of fresh butter and six of pounded sugar. Beat this well in a mortar, and gradually add eight well-beaten eggs. Scrape a raw apple into the mixture, and put it into a dish lined with paste; cross-bar it

with paste, and bake till the paste is done. Candied orange-peel will answer.

*Orange Pudding, baked.*

Take the yolks of ten eggs, half a pound of sugar, the rinds of three sweet oranges, grated, and the juice of a small lemon; half a pound of butter; a little nutmeg beaten with the eggs. Melt the butter, and mix all together.

*Lemon Pudding.*

Melt half a pound of sugar and six ounces of butter together; when cold, add eight eggs very well beaten, the juice of one lemon, and the grated rind of two; mix well together, and bake in puff-paste.

*Another way.*

Take five ounces of bread-crumbs, a quarter of a pound of sugar, five ounces of suet chopped fine, the juice of a lemon, and the rind chopped small; mix it with an egg; boil twenty minutes in cups or mould. Serve with wine sauce.

*Northumberland Puddings.*

Make a thick batter by boiling and sweetening milk and flour; when cold and firm, mash it up, and add four ounces of melted butter, the same of carrots, two ounces of candied orange, a lemon-peel, and a little brandy. Butter the cups and bake fifteen minutes; turn them out and pour wine sauce over

them. If to make a supper dish, cold, omit the wine sauce.

### *College Puddings.*

Beat six yolks and three whites of eggs; mix them to a smooth batter with three large spoonsful of flour, ginger, half a nutmeg, and sugar to taste: add four ounces of suet, four of currants, and one ounce of candied orange-peel. Bake in patty-pans or fry them; serve with pudding sauce and sliced lemon.

### *A George Pudding.*

Boil four ounces of rice with lemon-peel; mix this with the pulp of a dozen boiled apples well beaten. Add the beaten yolks of six eggs, sugar to taste, and cinnamon, with two ounces of candied-orange and citron, sliced fine; line and butter a mould with thin paste; pour the pudding in; stir in the whites of the eggs, well beaten to a strong froth. Bake half an hour, and serve with hot sauce made of wine, sugar, the yolk of an egg, and a bit of butter.

### *Cabinet Pudding.*

Boil a pint of cream, a bit of lemon-peel, and sugar; pour it hot over half a pound of newly-baked Savoy biscuits; cover the dish when the cream is soaked up. Add the yolks and whites of eight eggs well beaten separately. Bake the pudding; serve with custard sauce. Dates, plums, or raisins may be added, and also minced marrow, almonds, and grated citron.

*Mince-meat Pudding.*

Crumble fine a stale Savoy cake, or stale crumbs of bread; mix well together a cup and a half of either of these with one cupful of mince-meat. Butter a mould well, and fill it with this mixture and a custard prepared with one quart of milk and six or eight eggs. If bread-crumbs are used, then it is necessary to add about six ounces of sugar to the quart of custard, otherwise none is required. Cover it with buttered paper and steam it. When done, serve with brandy sauce.

*A Potatoe Pudding.*

Half a pound of potatoes, quarter of a pound of butter, quarter of a pound of sugar, a teacupful of cream and eggs, and a glass of brandy; add spice and sweetmeat to your taste.

*Bath Pudding.*

To a quart of new milk add nine eggs, three whites, and three tablespoonsful of flour. An hour and a half will boil it. It is a great improvement to boil the milk with a laurel leaf in it; but it must be quite cold when used.

*Another way.*

Half a pound each of shred apple, suet, grated bread, currants, and raisins; seven eggs, a glass of brandy, a little sugar to taste, one spoonful of flour. Mix well together; boil three hours in a cloth tied rather slack.

*Carrot Pudding.*

Two ounces of flour, two ounces of scraped carrots, two ounces of potatoe flour, two ounces of suet, two ounces of currants, two ounces of sugar. Boil it for five hours.

*Another way.*

Mix in a bowl half a pound of flour, half a pound of chopped suet, three quarters of a pound of grated carrot, a quarter of a pound of raisins, stoned, a quarter of a pound of currants, and a quarter of a pound of sugar, brown or white. Place them in a mould or dish; beat up two whole eggs, the yolks of four in a gill of milk; grate a nutmeg in it; bake or steam forty-five minutes.

*Pudding à la Reine.*

Butter and paper the mould; fill up with cake or bread-crumbs; when full, pour some custard in until it will hold no more. This may be flavoured with any white liquor or essence you please.

*Custard Pudding.*

Make a border of paste on the dish, and fill up with custard; grate a little nutmeg on the top. Any kind of fruit puddings with custard may be made in the same way, by placing them in the custard, and sifting some powdered sugar over.

*Another way; to be eaten cold.*

A pint and a half of milk boiled with some lemon-

peel; let it stand until cold; then mix it with one moderate dessert-spoonful of flour, four eggs well beaten, a few lumps of sugar, and three bitter almonds, pounded; strain it through a sieve; boil it for twenty minutes. When cold, turn it out of the mould, and pour melted jelly round the pudding.

*A George Pudding.*

Soak half a pound of whole rice, either in milk or water, till tender; then stew some apples in as little water as possible to keep them from burning; when they are soft, and the rice half done, mix them together with six ounces of beef suet shred very fine; sugar, nutmeg, and lemon-peel, to taste; tie it in a cloth so as to leave room for the rice to swell to the full; put it in boiling water, and let it boil an hour; or bake it, putting butter and the yolks of two eggs. Gooseberries will answer as well as apples.

*Derbyshire Pudding.*

A pint of milk; two tablespoonsful of flour; mix the milk by degrees, boil it until thick, and set it by till cold: then put to it three or four ounces of butter, melted, a quarter of a pound of loaf sugar, a little suet, some lemon-peel; put seven eggs, leaving out four whites; put a paste round the dish and bake it; lay currant-jelly on the top when you serve it. It is very good hot or cold.

*Macaroni Pudding.*

Boil some macaroni in water till three parts



done ; then strain it from the water, and add some broth ; boil it till the broth is reduced quite ; then add, well beaten, the yolks of six eggs and a tea-cupful of cream, and season the whole with a little cayenne pepper and salt, and a small proportion of Parmesan cheese. This pudding must be put into a well-buttered mould and strained for an hour, the same as any other pudding.

### *Biscuit Puddings.*

Take three eggs, their weight in fine sugar, flour, and butter, all well beaten together ; bake them in little tin moulds : serve with wine sauce. They are very good cold.

### *Semoline Pudding.*

To a quart of milk put three tablespoonsful of semoline ; when the milk boils, stir it in gradually ; then add one ounce of sweet almonds and two or three bitter, well pounded ; sweeten to taste with white sugar ; boil altogether forty minutes ; put it in a mould wet with cold milk : let it stand till perfectly cold : turn it out, and serve with preserved fruit.

### *Plum Pudding.*

Half a pound of suet, shred fine ; half a pound of raisins, stoned, and cut into halves ; half a pound of currants, well washed and dried ; half a pound of soft sugar ; half an ounce of citron, cut, not too small ; a good apple, peeled and chopped ; half a nutmeg, grated ; half a teaspoonful of ground ginger ; all well

mixed ; six eggs, the yolks and whites well beaten ; two tablespoonsful of flour ; half a pound of stale bread, well grated ; all again well mixed with a tea-cupful of spirits. Put all into a bowl and tie it over with a cloth well buttered and floured, to prevent water getting in, leaving room for the pudding to swell. Boil it seven hours. When turned out, you may stick it with blanched almonds or sprinkle it with sugar. If for baking, one spoonful of flour.

*Mem.*—Remember, whenever you boil a pudding, to remove the saucepan from the fire, and let it stand ten minutes by the side of the fire without boiling ; it will then turn out without breaking, which it will do if taken out of the boiling water at once : a bain-marie is the best for all puddings.

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## MARMALADES

Are liquid preserves obtained from the pulp of fruit and sugar : they ought to have the consistence of honey. Apples, apricots, cherries, plums, &c. The process of making marmalade is very simple, thus :—Take some apricots ; take out the stones ; put four pounds of sugar into a pan with three pounds of fruit : place it on the fire ; let it simmer, stirring the whole time. When the marmalade appears to have sufficient consistence, take it off the fire. All fruit is prepared the same.

## PRESERVES.

*Currant Jelly.*

Take currants, two parts red, one of white ; crush them, and rub them through a tamis, then through a strong linen bag, which you twist tightly, to extract all the juice. Let this juice stand twenty-four hours ; then pour it off, so as to let all the sediment remain at the bottom. Put this juice into a preserving pan, with a pound of sugar to every two pounds of juice ; let it boil on a quick fire a quarter of an hour ; skim carefully, and add a pound of whole raspberries to every five pounds of the juice : let it boil up a few minutes, and strain it through the jelly-bag.

*Preserved Cherries.*

Take some ripe cherries, stone them, without too much tearing the skin ; put them in a preserving pan, with a quart of currant-juice to every five pounds of fruit, and three-quarters of a pound of sugar to every pound of fruit. Let them boil ; skim, and stir your cherries gently. After an hour's slow boiling put them into pots.

*Apple Jelly.*

Boil some apples to a marmalade, after having peeled and cut them into quarters, carefully taking out the core. Put in the marmalade a few cloves,

some lemon-peel, and the juice. Put a large strainer over a basin, empty your marmalade into it, and let the juice drain into it without pressing the pulp. Put into the preserving-pan an equal quantity of white sugar to the juice you have ; add half a pint of water to every pound of sugar. Make a strong syrup ; boil it till you can roll the sugar between your fingers. Then add your juice ; boil it up five or six times, skim carefully, and put into your pots.

*Preserved Mirabelle Plums.*

Take out the stones, put them into your pan, and let them do three parts to draw the juice, which you squeeze through your jelly-bag. Put your mirabelle juice, with half a pound of sugar to each quart of the juice. Let it simmer quickly, stirring it continually till the liquid is well reduced, then put it into pots.

*Orange Salad.*

Take some very ripe oranges, cut them in slices ; take out the seeds, which give a bitter taste to your salad ; arrange the slices in a compotier, with sugar under and over them. When the sugar is well incorporated with the oranges, pour over them some brandy or rum. But I recommend sherry, as better.

*Fromage sucré.*

Take a quart of thick cream, half a pound of sugar in powder, and a spoonful of orange-flower water. Take some white curd, well drained. Mix it well with the cream by degrees, crushing the curd

with a spoon. Take six whites of eggs, beaten to a froth; mix them with the cheese, which you must continue to beat; then put it into an osier mould lined with clear muslin. Let it drain six hours, then turn it out on a dish, and serve.

*Fromage à la Crème.*

Take a quart of milk, a pint of cream, and a lump of sugar; boil together till it is reduced a third; then let it cool. When lukewarm, put in a little rennet, which you must dilute with a spoonful of water. Mix it well in the cream, then strain it through a tamis. Put your cream into a mould, which you must cover closely: put hot cinders on the cover: let your cream set; then let it get cold in the air.

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PASTRY.

Take a pound of flour, and put it on your paste-board; make a hole in the middle; put in about a quarter of a pound of butter, a few grains of salt, a glass of water, and, lastly, the white of an egg; mix your paste quickly and lightly; let it then rest a quarter of an hour in a cool place, covered up with a damp cloth; then add, after rolling it out, some butter, which you spread on it; then fold up your paste, and roll it out: do this six times, letting it rest twice a quarter of an hour in a cool place, as before; it is

then fit for use : you must sprinkle flour over the butter each time.

With this paste you make patties and tarts : for the former, brushing over the patties with the yolk of egg, to brown them. When baked in little pans, with whatever you choose to fill them, turn out, and serve very hot.

I need not give directions for making patties, as they are so well known ; or for tarts, as any fruit you choose can be used, if fresh, with sugar, or filled with preserves, and the edges iced as follows :—Beat the whites of eggs to a strong froth ; put it thickly on the edges of your tart ; shake white powdered sugar over it, and put in the oven a few minutes to harden.

#### *Vol-au-Vent à la Financière.*

Line a round mould with paste ; put a good layer round the edge, and when baked, clear out any soft paste, and fill it with a ragoût of sweetbreads prepared in rich white sauce, well seasoned : have some cockscombs cleaned also, and stewed ; a few truffles cut in pieces, and stewed : garnish with crayfish.

#### *A Vol-au-Vent of Oysters*

Is made in the same manner, having your oysters stewed in their own liquor ; when done enough, thicken them with cream, well seasoned, and the yolks of eggs ; stir them in, but do not let them boil after the egg is added.

#### *Tourte à la Frangipane.*

Boil a quart of good milk with some cinnamon,

a little grated nutmeg, a laurel leaf, and a little lemon-peel; let the milk reduce a quarter, and strain it through linen; put in two ounces of flour, a quarter of a pound of butter, and a quarter of a pound of sugar; then add four eggs beaten together. Hold this mixture over the fire, stirring continually, for a quarter of an hour; then add a few macaroons crumbled, or a dozen of almonds pounded fine. If you prefer pistachios, use them in place of the almonds, but add to them three bitter almonds. When your frangipane is done enough, pour it into your tart-pan, which must be lined with paste, and bake it. The paste must be half done before you fill it with the frangipane. Let it get cold, and sift sugar over it.

#### *Tourtes à la Crème.*

Put a pound of flour on your board, make a hole in the middle, and put in a quarter of a pint of thick cream, and a pinch of salt; mix it lightly, and let it stand half an hour; then put in half a pound of butter, at five times, letting it stand a quarter of an hour twice; then make it into several cakes; put on with a feather the beaten yolk of egg to colour it, and bake.

#### *Gâteau au Fromage.*

Take a sufficient quantity of flour to make a common cake; put it on the board; make a hole in the middle; put into this hole butter equal to three parts of the weight of flour, and mix it well; then



add water enough to form the paste ; add a little salt ; roll it out ; then spread on it a layer of the cheese made with good milk, in the same manner as cream, what is called fromage mou ; fold it in four ; roll it out several times ; cut it into cakes, and bake them ; put egg over them before you put them into the oven.

### *Brioche.*

Make a paste with half a pound of flour and a little hot water, with a spoonful of yeast ; wrap up this paste in a cloth, and put it in a warm place, for twenty minutes in summer and an hour, in winter ; then put a pound of flour on the board ; mix the paste that you have leavened with it, and three-quarters of a pound of butter, five eggs, a little water, and a few grains of salt. Knead all together three times ; then wrap it up warmly, and let it remain nine or ten hours. Then cut your paste into pieces the size you wish to make your brioche ; mould them into the form you wish ; egg them over, and bake small ones half an hour ; those of a larger size, an hour and a half.

### *Baba*

Is made with the brioche paste. Add then the size of a nut of saffron in powder, a quarter of a pound of the best raisins stoned, and double the quantity of currants, sugar, and some slices of candied citron cut in small pieces : mix and knead all together. Let your paste be soft, and well mixed ; put

it into a buttered pan, and let it stand eight hours in winter and four hours in summer; then, without touching it, let it bake in a slow heat for an hour. It will be done enough when it has taken a good colour.

*Biscuits en Caisse.*

Take half a pound of superfine sugar in powder; put it into an earthen pan with the yolks of twelve eggs; mix them well with the sugar. Put the whites into another pan, and whisk them half an hour; when a stiff froth, put them to the yolks and sugar; add a quarter of a pound of flour, and half the quantity of sugar; mix all lightly, so as not to spoil the white of the eggs. Fill your tin moulds, or paper boxes well buttered, half full, because it rises. If your biscuits are in paper cases, serve in them. Sift sugar over them, and put them into the oven till they are highly coloured.

*Savoy Biscuits*

Are made of the same paste in a different mould. You may add currants, pistachios cut fine, or almonds, to this paste; and you can ice it with the white of an egg beaten with sugar. Put this icing on when your cake is baked, with a small brush, and let it dry in a slow heat, so as not to be coloured.

*Meringues à la Crème.*

Whisk the whites of six eggs to snow; mix half a pound of sugar in powder, and some grated lemon-peel, taking the same care as you do with the bis-

cuits. When ready, place a sheet of paper on a tin plate, and put your meringues on it in spoonful, giving each the form of an egg; let them not touch each other, and hollow the shape.

To make the cream to fill them you must take two whites of eggs, six grains of gum dragon in fine powder, which you shake over your eggs; whip them to snow; add an ounce of sugar in powder, and some grated lemon-peel; continue to beat it a quarter of an hour, and fill your meringues with this at the moment you serve. If you wish to colour them, put before you beat them a little carmine diluted in orange-flower water.

### *Gauffres.*

Take half a pound of flour, as much sugar, and half a pint of cream; beat your flour with the cream smoothly, and add your sugar with a little orange-flower water. The mixture should be liquid; if too thick, add some cream. Take your gauffrier, butter it, and put in for each gauffre a spoonful and a half of your mixture. Put your gauffrier on a coal fire, and turn it when one side is done.

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## SYRUPS

Are preparations of fruit, &c., to mix with water for a cooling beverage at *soirées* or balls. Water and sugar are the base of all syrups, excepting the

syrup of punch, which should have a strong proportion of alcohol.

To know when your syrup is done enough, take with a spoon a little of the boiling syrup and let it drop on a plate; if the drops separate it is not done enough, but if it is united it is sufficiently boiled. The syrups can be prepared either hot or cold. To prepare it cold, melt in water double the weight of sugar, or any juice of fruit obtained by squeezing, such as orange, lemon, gooseberry, currant, mulberries, &c.; pass it through a tamis, put it in bottles, and cork them well. The syrups made by boiling are, perhaps, pleasanter, but do not keep so well.

Put four pounds of sugar to two quarts of juice, and let it simmer till a thick syrup; then bottle for use; but first clear the syrup by adding the white of an egg; having well beaten, let it stand, and pour off slowly to let the sediment remain at the bottom; then bottle.

*Syrop d'Absinthe (Wormwood).*

Put in a basin two ounces of the tops of wormwood, and pour over them four quarts of boiling water; let them steep two hours on a hot hearth; then strain the decoction through linen, beat the white of an egg, melt two pounds of sugar, and simmer the syrup till done. Bottle.

*Syrop de Vinaigre.*

Clarify two pounds of white sugar, and let it

reduce ; then add four quarts of red vinegar ; let it boil together a few moments ; take it off, and when cold bottle it for use, tightly.

*Syrup of Raspberry Vinegar.*

Take two pounds of raspberries, pick them, and put them into a basin ; pour over them four quarts of vinegar ; then let them steep twenty-four hours ; squeeze through a jelly-bag of linen ; when strained, measure it, and add four pounds of sugar clarified, or three if you do not like it sweet ; put it into a preserving-pan, and let it boil up two or three times ; take it off, and when cold bottle it.

*Syrop de Gomme.*

Melt a pound of gum arabic in a half pint of water ; clarify six pounds of sugar with a little water ; put it in your gum, and let it boil up several times ; take it off, and when cold bottle it for use. Half the quantity is enough.

*Syrop de Capillaire.*

Clarify three pounds of sugar with half a pint of water ; throw into it when boiling a quarter of a pound of capillaire, which has been strained.

*Syrop d'Orgeat.*

Take four pounds of sweet almonds, the same of bitter almonds, half a pint of orange-flower water, eight pounds of sugar, five quarts of water, and the rinds of two lemons. Blanch your almonds, and

as you peel throw them into cold water ; then pound them with the lemon-peel in a marble mortar with a wooden pestle, and add the water by degrees, to prevent the almonds turning to oil : continue till your almonds are reduced to a fine paste. After having used half the water strain it through a cloth, which two persons must twist hard, to express all the juice ; then put in the mortar again the almonds left in the cloth, and pound them again a quarter of an hour ; dilute this with the remains of the water, and again squeeze it through the cloth, till all the good has been extracted.

Clarify your sugar in a preserving-pan ; pour in your almond milk, put it on the fire, and let it boil up ; let it get cold, add your orange-flower water, and strain it for use.

*Syrop de Groseilles.*

Take six pounds of currants, picked from the stalks ; add a pound of cherries, stoned ; squeeze them ; then put the juice into a cold cellar for twenty-four hours ; strain it. Clarify a pound of sugar to every two pounds of juice ; mix together ; boil up once, and take it off ; bottle for use. If you like it sweet, add more sugar to taste.

*Syrop de Punch.*

Clarify four pounds of sugar with half a pint of water and the juice of a lemon ; put it on to boil ; then pour it into a basin ; when cold, add four bottles of rum ; bottle it, and when you use it add boiling

water. Some prefer a bottle of brandy in place of one of rum, but this is according to taste.

*Syrop de Guimauve.*

Cut two pounds of marshmallow-roots in a quart of water; put it on the fire, and let it boil some time; take it off and strain it; add two pounds of sugar; clarify it, and when it has simmered long enough take it off, and when cold bottle.

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RATIFIA.

Ratiffa is made with the juice of fruit, sugar, and brandy.

*Ratiffa of Kernels.*

Crack fifty stones of apricots and peaches; let them infuse four months in a bottle of brandy; add a glass of orange-flower water, a stick of cinnamon, and half a pound of sugar dissolved in water.

*Ratiffa de Cassis.*

Pick five pounds of black currants, crush them, put them into a jug, and pour over them five bottles of brandy; add a few cloves and a little cinnamon; expose it to the heat of the sun for a month covered up; then strain it. Melt three pounds of sugar in a little water, add it to the cassis, and bottle it.



*Another Method, more simple.*

Put into wide-mouthed bottles black currants till one-third full, having first picked them; add a quarter of a pound of sugar in powder, fill up with brandy, and cork tightly.

*Ratiffa d'Angélique.*

Cut in slices a quarter of a pound of angelica-root; take an equal quantity of the stalks gathered before it flowers, pull off the leaves, cut them in pieces, with a few cloves, some blades of mace, and infuse in six quarts of brandy; strain it, and add two pounds of sugar dissolved in a quart of water.

*Extract of the Rind of Walnuts.*

Take a hundred and fifty green walnuts, full sized, but before the shell hardens; skin them, and infuse with half an ounce of nutmeg, and the same of cloves, in eight quarts of brandy for two months; then strain it. Dissolve four pounds of sugar in the liquor, and close up the vessel in which it is for three months; then decant and bottle.

*Ratiffa de Grenoble.*

Melt four pounds of sugar in four quarts of raspberry-juice or strawberry-juice, and one quart of cherry-juice; add eight quarts of brandy; let it stand twenty-four hours closely covered, and bottle for use: cork it tightly.

*Ratiffa of Seven Seeds (de Sept Grains).*

Take two ounces of the following seeds: ange-

lica, caraway, coriander, fennel, aniseed, parsley, and cummin ; crush all together, and let them infuse a month in six quarts of brandy ; melt three pounds of sugar in a quart of water ; mix together and strain : bottle for use.

*Ratiffa of Currants.*

Take two quarts of currant-juice, and add to it four bottles of brandy, half an ounce of cinnamon, and the same of cloves pounded ; let it infuse a month ; then add two pounds of sugar clarified, and strain it. Raspberry and mulberry ratiffa are made the same way.

*Ratiffa of Apricots.*

Take twenty-eight apricots ; cut them in pieces ; break the stones and take out the kernels, peel, and put them in a pitcher with a pint of brandy, a pound of sugar, some cloves, and a little cinnamon ; cork up the pitcher, and let them infuse three weeks, often shaking it ; then filter and bottle.

*Ratiffa of Quinces.*

Take some very ripe quinces, wipe, and peel them ; let them stand after quartering them for two days ; then squeeze out the juice, and to each quart put three quarts of brandy, and to each quart add half a pound of sugar ; at the end of six months, draw it off and filter it ; then bottle for use.

*Ratiffa of Peaches.*

Take some very ripe peaches, and squeeze them

through a cloth to express the juice ; put it in a vessel with brandy and let it stand, closely covered, for five or six weeks ; then add the sugar, and filter. For four quarts of the juice of peaches take nine quarts of brandy, and four pounds of powdered sugar.

*White Ratifia, or Noyau.*

Crack a hundred apricot stones ; put them into a pitcher with two quarts of brandy, a pint of water, some cloves, a quarter of an ounce of white pepper, a stick of cinnamon, a pound of sugar ; cover it up closely, and let it infuse three weeks in the sun ; afterwards strain the liquor, and bottle for use.

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FRUITS IN BRANDY.

*Cherries.*

Take some fine cherries, cut off half the stocks, and throw them into cold water ; then drain them, put them into jars or wide-mouthed bottles ; fill them up with brandy ; add a stick of cinnamon and some cloves to each bottle ; let your cherries steep a month, closely corked ; then take the brandy and measure it ; for each quart put half a pound of sugar, and pour it over the cherries ; cover up closely : they will be fit for use in two months.

*Plums in Brandy.*

Take some Reine Claude plums, whilst they

are green; cut off half the stem, and prick them with a fine needle all over; throw them into a vessel with boiling water, and take them out as they rise; let them remain in the water to green them; put them on again when cold, without letting them boil, till they become soft; put them into an earthen pan, and strew over them, for every half hundred plums, two pounds and a half of clarified sugar; boil this sugar four times, each time pour it over the plums; the fourth time let it boil to the great pearl; put in your fruit, and let them boil up several times; pour over them when cold as much brandy as there is syrup, and put them into wide-mouthed bottles. Mirabelle plums are prepared in the same way.

#### *Apricots in Brandy.*

To four pounds of fruit add a pound of clarified sugar and three quarts of brandy. The apricots must not be too ripe. Put them on to boil in water; when they boil up, take them off to cool; then put them on a second time, and again let them stand; then boil them in the clarified sugar (which must boil to the little pearl) five or six times; then take them off and add the brandy, which you pour over the apricots in the jars or bottles in which you keep them: bottle close.

#### *Peaches*

Can also be preserved in brandy. Pull them when full size, but not quite ripe; put them in jars, strewing sugar over and under them, in layers; fill them

up with brandy and cover close: or you may preserve them in the same manner as apricots.

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## TO PRESERVE VEGETABLES.

### *Cauliflowers.*

Clean them and cut them in pieces; put them into boiling water with salt, and let them boil up. Take them off and drain them, put them in the sun to dry for two days, and then put them in a cool oven till dry enough; when cold, put them in paper bags to preserve them till you want them.

### *Artichokes.*

Choose the finest; cut off the tail at the end of the leaves, and scald them long enough to extract the hay; sprinkle the interior with salt; the following day remove them into an earthen pan, with water and salt; change the water, and make a stronger pickle with three or four handfuls of salt and a glass of vinegar; cover them then with melted mutton suet, which excludes the air and better preserves the artichokes; steep them in lukewarm water when you want to use them, and boil them in a large quantity of water to take off the taste of the pickle. Artichokes when dried are prepared in the same manner, but are dried in a slow oven instead of being put in pickle.

*Sorrel.*

Chervil, beetroot, purslain, and parsley, may be added, but in smaller quantities : these vegetables must be picked, washed, and drained. Put a piece of butter in a large kettle, and your plants over it, with as much salt as will well salt it ; let it stew slowly till done enough ; when cold, put your sorrel into pots, and pour melted butter over them ; then cover close. Use small pots, as when once opened they will not keep.

*Tomatoes.*

Stew or bake your tomatoes till tender enough to pass through a tamis, and reduce the juice one half ; when cold, put it into bottles and keep in a cool place. The tomatoes ought to be very ripe.

## ADDENDA MISCELLANEOUS.

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### *German mode of dressing Calves' Heads.*

Take a large calf's head, with part of the neck attached to it ; split it in half, and scald it till white ; then put it into cold water to make it firm : remove the jaw-bones. Then lay in a stewpan some slices of fat bacon, and on them some beefsteak, cut thin and seasoned with pepper and salt ; place the head on them, and pour some good stock, made with veal and beef, over it ; a large onion stuck with cloves, a bunch of sweet herbs, a bit of lemon-peel, and a shalot. Cover the pan closely, and put it on the stove to stew slowly.

Make a ragoût with a quart of good stock and half a pint of red wine ; boil together well ; then add to it some sweetbreads that have been parboiled, cut in slices, some cockscombs, oysters, mushrooms, truffles, and morels sliced : let all stew together till well done. Put it into a dish whilst you prepare the head : take the brains and chop them fine ; skin the tongue and cut it into small pieces ; cut the eyes also, after removing the black part, into pieces ; put these into a large baking-dish, pour then some of the



ragoût over it ; then place the head on it again ; pour the remainder of the ragoût over it ; pour the gravy in, grate bread-crumbs over it thickly, and put it in a quick oven to brown. It does not require much baking, only to give it a good colour. This is very good hot or cold.

Sometimes Parmesan cheese is grated over it instead of bread-crumbs ; but it does not suit an English palate. There must be some bits of butter put on the bread-crumbs.

The gravy when cold ought to be in a thick jelly. A pretty dish might be made with part of the head cut and put into an oval mould ; when quite cold turn it out to serve. Garnish with fresh, green, curled parsley.

*A Fowl or Capon en braise blonde.*

Bone a capon or large fowl, without cutting the skin ; singe and pick it clean ; put a small piece of ham, the size of the breast of the fowl, or some beef tongue, if you prefer it, inside the fowl ; then fill it with a good forcemeat, made with either veal or chicken, and seasoned with white pepper, nutmeg, and grated lemon-peel ; tie it into shape tightly, and put it on to braise in a white braise, made with veal stock, a little cream or milk, well seasoned. When done enough, take it up and drain it, keeping it hot over a pan of boiling water ; glaze it quickly, and serve with some of the sauce reduced, and garnish with paste cut into leaves and baked.

You may vary this dish by sometimes serving it

with sauce à la bechamel, and not glazing it, and then serve with a few forcemeat balls round the dish that have been boiled in stock. The sauce should be rather thick. Garnish with sliced lemon.

*Croquettes de Veau, ou de Volaille.*

Take two pounds of veal, chicken, or turkey, and mince very fine. Melt two ounces of butter in a stewpan; when hot add a tablespoonful of fine flour, and mix well together; beat the yolks of two eggs with a little milk and the juice of a small lemon, or half a large one; mix this with the flour and butter by degrees; then add the minced meat, with a tea-cupful of stock; season it with pepper, salt, and a little nutmeg grated, also some lemon-peel cut very fine. Stir it well together to mix it, and let it boil till it is a proper thickness.

Pour it into a basin till cold; grate some bread on a pasteboard; cut the mince into pieces of the same size, and roll them lightly in the bread-crumbs; have ready beaten the yolk of an egg or two, dip the croquettes into this, and roll them again in the bread-crumbs, making them a neat shape: if like a pear, which looks very well, stick a bit of horseradish at the end, like a stalk. Then let them stand to harden.

Have some lard melted and boiling hot, put the croquettes in, and fry them a light brown—a few minutes will be enough; drain them on a colander, and keep them hot in the oven. Serve with a garnish of fried parsley round the dish, and in the

middle of it. Observe, when you fry parsley it should never be washed or steeped in water (a usual mode), but wiped clean. It should be fried very crisp.

Croquettes may be made with beef or mutton, in which case a little shalot should be chopped very fine, with some parsley and thyme, and mixed with the mince before it is added to the eggs &c.; but be careful to be very sparing with thyme, as it has a strong flavour: leave out then the nutmeg and lemon-peel.

*Beef Olives de Bœuf.*

Cut about five or seven thin slices of beef from the rump, the same as for steaks, only thinner; beat them very well with a rolling-pin till tender and flat, brush them over with the yolk of eggs well beaten; then strew over them some fine herbs chopped fine, seasoned with salt and pepper; put a thin layer of forcemeat over each slice, which you must pare and cut in equal sizes; roll them up very tight, skewer them, and bind them into shape with twine; put a little stock into a stewpan that will exactly hold the olives, for the tighter they are pressed in the better shape they will be; cover them with slices of fat bacon cut thin, and then put paper on the bacon; set the olives on a stove to stew very gently, the slower the better; they will take rather more than two hours: take them up and drain them from the stock. Serve them neatly arranged round a dish, with one in the middle, and pour sauce piquante, poivrade, or ragoût over them.

*A Fricandeau de Volaille avec Truffles.*

Bone a large fowl, lard it with bacon seasoned with pepper; line the bottom of a stewpan with slices of fat bacon, and place on them the bones and trimmings of the fowl, and on that the fowl itself; add a few truffles well cleaned, a pint of stock, a few bay-leaves, an onion stuck with cloves, and a bunch of sweet herbs; cover the fowl with slices of fat bacon, and then lay paper over. Set it on a stove, and let it stew very gently; put a little fire on the top of the stewpan. It should simmer about an hour and a half; the fowl should then be put in the oven for a few minutes, to brown the larding and make it crisp; put it on your dish, and serve with the gravy in which it has been stewed. After straining and reducing it put back the truffles, first slicing them, and add half a glass of white wine to the sauce, which will be very good: garnish with paste leaves and cresses. A truffle put inside the fowl improves the flavour very much. You may, to vary this dish, use mushrooms either stewed or pickled, in place of the truffles; or serve it with a purée of endive in place of either, in which case leave out the wine from the sauce.

*Farce froide (cold Forcemeat).*

Scrape or chop some dressed veal and ham, in equal quantities; a little marrow or suet; put them into a mortar, and pound it very fine; season with pepper, salt, chopped parsley, shalots, mushrooms, and some pounded mace; when well beaten, put an

egg well whisked and some bread-crumbs ; stir it about to mix it well ; take it out of the mortar, and make it into balls ; roll them in flour when boiled : let the stock be boiling before you put them in.

### *Fricandeau de Bœuf.*

Take a piece of the brisket ; bone and pare it into shape ; lard it thickly, and put it into a stewpan ; cover it with some slices of fat bacon ; add about a pint of stock, with a large glass of red or white wine, some small onions, a bunch of sweet herbs, a blade of mace, three or four cloves, and a clove of garlic ; let it stew very slowly till tender ; then take it out, and strain the sauce, skimming off the fat. Serve with the sauce, arranging the small onions round the meat ; garnish with sliced carrots, cut in different forms, or serve with a purée of carrots, or cucumber sauce, which make as follows :—

### *Cucumber Sauce.*

Peel some cucumbers, and cut them into quarters ; take out all the seeds, and divide each quarter into three pieces, and pare them round ; peel as many small onions as you have pieces of cucumber ; put them all into a little vinegar and water, seasoned with pepper and salt ; let them steep for two hours ; then pour over them as much stock as will barely cover them ; stew them down to a glaze ; add some coulis ; let it boil for a few minutes ; squeeze a lemon into it, or a little vinegar ; serve round the

beef. This sauce is equally good with a fricandeau of veal.

*Sauce Italienne, blonde.*

Put a few chopped truffles and shalots into a stewpan, with a slice of lean ham, minced fine; add a little pale stock; let it simmer a quarter of an hour; add a little bechamel, according to the quantity of sauce you want; let it boil up; then add a little cream, and strain it through a tamis; season it with salt, white or Cayenne pepper, the juice of half a lemon, and a small bit of white sugar. This sauce is very good with a blanquette de veau, fowl, or turkey, done in white sauce as a fricassée.

*Sauce de Chervil.*

Pick some chervil, and put it into a small stewpan with a spoonful of stock; simmer it till nearly dried up; then add some coulis, as much as you require for the sauce; squeeze some lemon in, a bit of sugar, and half a glass of Madeira or any white wine.

*Sauce for a Bouilli de Bœuf. Good.*

Chop a boiled carrot, some parsley, two or three pickled cucumbers, and a few mushrooms, also pickled; put this into a stewpan with half a pint of the soup; let it simmer; season to taste, and serve. An onion boiled or fried should be also added.

*French mode of Preserving Truffles.*

Brush the dirt very clean from the truffles, after

washing them well in several waters ; then put them into a stewpan ; add some strong stock, some suet, and a bottle of Picardin, or any white wine ; to six pounds of truffles, one dozen of onions, a fagot of sweet herbs, and a few blades of mace ; let it stew slowly an hour ; then take out those you wish to keep whole, which should be the largest and roundest ; and put them into small pots by themselves, and the others by themselves also ; then reduce the sauce to a glaze, after removing the fat ; cover the truffles with it, and then pour the melted fat hot over them, to cover them entirely.

Those that are peeled are ready to use when required, and improve every sauce ; the truffles will keep thus a year or more.

Truffles will also keep in sand.

#### *Poitrine de Veau à l'Italienne.*

Stew a breast of veal, after trimming it nicely, until quite tender, in some good stock, with a clove of garlic, a bunch of sweet herbs, a head of celery ; when half done, take out the herbs, and add a few sliced truffles, some mushrooms, the juice of half a lemon, and a glass of wine ; reduce the sauce, and serve over the veal. Add some forcemeat balls as a garnish.

#### *Ris de Veau à la Dauphine.*

Take two sweetbreads, and after cleaning and scalding, put them into cold water to make them firm ; when cold, open them, and have ready a good



farce, and fill the sweetbreads with it, taking care to fasten them close with skewers ; put some slices of fat bacon at the bottom of a stewpan, and season with pepper, mace, cloves, some sweet herbs, and an onion sliced ; on this lay some thin slices of veal ; put in your sweetbreads, and cover them close ; put them on the fire for ten minutes ; then cover them with some stock boiling hot ; let them stew gently for two hours ; then take out the sweetbreads ; keep them hot over a bain-marie covered ; strain the gravy ; skim off all the fat, and reduce the sauce till about half a pint ; put the sweetbreads back, and let them warm in the gravy ; then serve. This is a very good dish ; truffles may be added.

*Sicilian mode of dressing a Loin of Pork  
like Wild Boar.*

Cut a loin of pork as you would for chops, but do not cut them separate, and have the end bones whole, to keep it together ; put chopped sage between the cuts, and soak the meat in equal quantities of vinegar and water for twelve days ; then put more sage ; tie it up close, and bake it, with the skin downwards, in some of the vinegar and water ; when done enough, serve it with the sauce in which it was baked, adding a bit of sugar and a glass of red wine. The skin, instead of being hard, becomes a rich, brawny jelly.

*Ragoût mêlé.*

Scald some cockscombs, fat livers, lamb sweetbreads, pullets' eggs ; let them stew all together in a

little stock, till done enough ; add some cream, the yolk of an egg well beaten, and season to taste ; add a few forcemeat balls, made very delicate and scalded. The cockscombs should be put on to stew a quarter of an hour before the other ingredients. This ragoût is very good to fill a vol-au-vent, in which case garnish with crayfish.

*A Salmi of Wild Ducks (Canards).*

Roast the wild ducks to brown them ; put their legs, wings, and breast, cut in slices, into a stewpan, and lay them aside ; put the trimmings of the ducks into another stewpan, with a few shalots, a clove of garlic chopped fine, some good stock, and a large glass of red wine ; let it stew for half an hour ; then strain it off ; melt about an ounce of butter in the pan ; shake in a little flour ; then put in the liquor in which the bones were stewed ; let all boil up, and then strain it through a tamis ; let it boil up again ; squeeze some lemon-juice into it, and season to taste ; pour the gravy over the duck, and let it simmer gently till done enough, but do not let it boil, or the meat will be hard. The sauce must not be too thick. Ducks that have been served will answer.

*Salmi of Woodcocks.*

Cut up the woodcocks ; put the legs, wings, and breast into a stewpan ; put the trimmings into another stewpan, with some stock, a few shalots, and a glass of red or white wine ; let it stew gently half an hour ; then strain it through a tamis into the stewpan

over the woodcocks ; let all simmer gently till done ; squeeze an orange into it, or the juice of half a lemon into the sauce ; have your dish very hot, and arrange your salmis symmetrically round it, the heads and bills to form a coronet.

*Fillets of Hare larded with a Purée of Hare.*

Cut your fillets neatly, and lard them ; put the remainder of the hare into a stewpan, with a quarter of a pound of lean ham, a shalot, a clove of garlic, a bunch of sweet herbs, two blades of mace, three or four cloves, half a pint of red wine, and the same of stock ; put it on to stew gently for two hours ; then strain off the gravy ; pick the meat off the bones and the ham ; add the gravy ; rub it through a tamis, and keep it hot till you serve. The fillets should be stewed in stock with a glass of wine, and some seasoning. Serve them on the purée.

*Pigeons à la Royale.*

Pick and clean three pigeons ; put a raw truffle into each, and brown them in butter ; put them into a stewpan with some mushrooms, and a truffle sliced, a slice of ham, a few cloves, a clove of garlic, and a shalot ; add some good stock ; lard your pigeons, and cover the breasts with slices of fat bacon, and let them stew slowly till tender ; then take them out ; strain the sauce, and let it boil up to skim off any fat. Add a glass of champagne, or white wine ; warm it, and pour over the pigeons.

*Boudin à l'Impératrice.*

Boil some cream with a stick of vanille, and when sufficiently flavoured make a rich custard with it; have some Savoy biscuits in a bowl ready crumbled; pour the custard over, having first added a glass of curaçoa and a little grated nutmeg; let it steep an hour; take a high mould, butter it, and stick round it some preserved cherries and raisins stoned: it must be a double mould, that is, hollow in the middle like a tube, which, when the pudding is set, is to be filled with apricot preserve. Let it boil in a bain-marie without a cover: it must boil two hours slowly; let it stand ten minutes by the side of the fire before you turn it out; serve with a sauce made of apricot marmalade, warmed with a glass of white wine. This pudding is good, cold or hot.

*Ris de Veau piqué avec le Sauce brun.*

Scald the sweetbreads in hot, but not boiling water, and then dry them in a fine cloth; lard them thickly; put a quarter of a pound of butter in a stewpan to brown; then add some jus; let it stew gently till done; season with a little mace, lemon-peel, pepper and salt; thicken the sauce with some potato-flour just before you serve.

*Tête de Veau à la Tortue.*

Scald half a head and clean it well; then let it stew two hours in stock; when tender, take it off and cut in pieces; make some quenelles of good veal forcemeat, the same size as the pieces of meat; scald

them to make them firm ; put them with the head into some good jus, which thicken with some potato-flour ; add cayenne, a glass of white wine ; take three hard eggs ; pound them fine with the yolk of a raw egg, some pepper and salt, and roll them into balls ; put them into boiling water for a few minutes ; then put your calf's head on your dish, the ears in the middle ; garnish with the egg-balls, quenelles, and sippets of bread fried brown in butter, with cray-fish interspersed.

*Oyster Rissoles.*

Cut some oysters into pieces ; put a piece of butter in a stewpan ; add a spoonful of flour ; let it colour ; season to taste ; let them stew in pale stock, mixed with their own liquor ; add the yolks of two eggs, a little milk, and the juice of a lemon, a little nutmeg grated, and a truffle sliced.

Shrimps can be dressed the same way.

*Vol-au-Vent de Poulet au Financière.*

Cut some chickens in pieces, and scald them ; then put them in some cold water, to make them white ; put a bit of butter into a stewpan to melt ; add some white sauce and let them stew gently, with some cockscombs and mushrooms ; add some quenelles made of farce, and, if you like, a sweet-bread cut fine ; season to taste, and thicken with potato-flour ; fill your vol-au-vent when ready to serve.

Potato-flour is the best to thicken sauces, as it glazes better.

*Cochon de Lait au Père Douillet.*

Cut off the head of a small roasting-pig, and divide the body into quarters; lard them with bacon, and season them well with pepper, salt, nutmeg, cloves, and mace; put a layer of fat bacon at the bottom of a stewpan; put the head in the middle and the quarters round it; put in an onion, a bay-leaf, a clove of garlic, some lemon peel, a carrot, turnip, and the liver; cover it with bacon, and add a pint of stock and a pint of coulis; stew it for an hour; then take it and strain the gravy; add some truffles, morels, and mushrooms, to the sauce, with half a pint of wine, and stew till done; thicken it with some potato-flour, and just as you serve add the yolks of two eggs beaten with a spoonful of flour; pour it over the pig, which garnish with sippets fried in butter, crisp, and slices of lemon.

*Cochon de Lait rôti à la Française.*

Make a forcemeat with two anchovies, six sage-leaves, and a liver, all chopped fine; pound them in a mortar, with some bread-crumbs, four ounces of butter, and season to taste; add a glass of red wine; mix together with the yolk of an egg, and stuff your roasting-pig; put it at a good distance from the fire, which must be quick, or put it into an oven as usual in France; baste it well with red wine, and when half done, put the crumb of a roll into the gravy;

when done enough, take out the bread and sauce, and add to it the juice of half a lemon, an anchovy chopped fine, and some sweet herbs; boil it up, and serve with the pig. Liver sauce in a boat.

*Larks à la Française au gratin.*

Truss them, and put a sage-leaf over the breasts; skewer them, and between every lark put a sage-leaf; bake them or roast them; baste them with butter, and strew bread-crumbs, mixed with fine parsley, chopped fine, over them; serve on the dish with fried bread-crumbs, mixed with parsley and seasoned to taste.

*Soles à la Montmorency.*

Cut your soles into fillets, and let them steep in marinade for two hours in vinegar and water; then take them out, and dry them with a cloth; put them into a stewpan with half a pint of white wine and a quarter of a pint of coulis, some sweet herbs, a clove of garlic, and a shalot: stew the soles in this till done enough; keep them hot, when you strain the gravy and thicken it with a little potato-flour; boil it up, and serve over your fillets. A few oysters and a truffle may be added.

*Filet de Soles à l'Italienne.*

Fillet your soles, and scrape two of them after scalding them, with some fat bacon; make a good farce with it, adding two anchovies; flatten the other fillets, and brush them over with the yolk of an egg;



then lay some farce over each, and roll them up ; put them into a dish, lining it with bacon ; add a little stock ; cover the fillets with bacon ; put them in a slow oven for half an hour, and serve with white Italian sauce. If for a fast-day, leave out the bacon, and make a fish-stock with the bones and trimmings, adding a glass of white wine to the stock in which you bake your soles, covering them with buttered paper.

*Soles à la Reine.*

Cut your soles into fillets, and put the trimming into a stewpan, with a pint of water, a clove of garlic, two blades of mace, some lemon-peel, and let it stew till reduced a third ; then strain it into a stewpan, with two glasses of white wine, a truffle sliced, some butter rolled in flour ; grate in some nutmeg ; add a few mushrooms cut in pieces, some parsley chopped fine ; let all stew till the soles are done enough ; then add some cream, and season to taste ; garnish with lemon sliced.

## BILLS OF FARE,

FOR EIGHT, TWELVE, SIXTEEN, AND TWENTY DISHES.

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### FIRST COURSE.

Soupe au Riz, or Vermicelli.  
A piece of Beef à la mode to remove it.

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### SIDE DISHES.

A Vol-au-Vent, or Perdrix au Choux.  
A Noix of Veal with Truffles.  
Mutton Cutlets à la Soubise.  
A Rabbit with a Purée of Cutlets.

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### SECOND COURSE.

A young Pullet, larded.  
A Leveret.  
A Vanille Cream, iced.  
Beignets à la Crème.  
Green Kidney-beans in the middle.

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### DESSERT.

An Ice in a shape, in the centre.  
A dish of Strawberries.  
A dish of Cherries.  
Two dishes of mixed Biscuits.  
A Compote with Peaches.  
Apricot Marmalade in a compotier, to match.

## A DINNER WITH TWELVE DISHES.

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FIRST COURSE.

A Soupe Maigre,  
A Soupe Julienne, or Macaroni,  
Removed with a fillet of Beef and Truffles.  
Two Chickens à la Reine.  
Cutlets en Papillotes.  
Compote of Pigeons.  
A Tongue ornamented.  
A small raised Pie.

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SECOND COURSE.

Gallina roasted.  
Three Partridges.  
Galantine of Poultry.  
Green Peas.  
Craw Fish.  
Vanille Cream.  
Œufs à la Neige.

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DESSERT.

Nougat in the middle.  
Compote of Strawberries or Raspberries.  
Compote of Cherries.  
Apricots, Plums, and two dishes of Cakes.

## A DINNER WITH SIXTEEN COVERS.

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FIRST COURSE.

A Soupe au Riz.

Soupe Printanier, removed by a piece of Roast Beef  
and Carp à la Chambord.

A Tourte de Godiveau.

A Fricandeau.

Sheep's Trotters à la Poulette.

Fowl à la Tartare.

Pigeons en Papillotes.

Croquettes of Rabbit.

White Pudding.

Calf's Ears fried, and two dishes of Patties, hot, of  
Oysters and Veal.

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SECOND COURSE.

Woodcocks.

Wild Ducks.

Roast Chicken.

Salmon roasted.

Two Salads.

Pâte d'Amiens.

Pâte de Foie gras.

Beignets de Riz.

Cauliflowers with white Sauce.

Truffles au Court Bouillon.

Galettes de Lorraine.

## DESSERT.

Two large dishes of Fruit.

Biscuits.

Gauffres.

Four Compotes of different Fruits.

Nougat in the centre of the table.

Two dishes of Preserved Fruits.

## INDEX.

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